

Dumplings II

Tom Mullen - Port St. Lucie, FL:

2 containers (32 ounce ea) low-sodium chicken broth
2 1/4 cups Bisquick biscuit mix
3/4 cup milk
3/4 cup Parmigiano Reggiano cheese, grated
1/2 teaspoon garlic powder

In a Dutch oven or soup pot, place the chicken broth. Bring to a boil. Reduce the heat to low. Simmer for 20 to 30 minutes.

In a bowl, combine the Bisquick, milk, cheese and garlic powder. Mix well with a fork.

Drop forkfuls of dough into the simmering broth, filling in the spaces between dumplings as you work. (The dumplings will float.) Cook, uncovered, for 10 minutes.

Cover and cook another 10 to 15 minutes until the dumplings are thoroughly cooked.

Per Serving (excluding unknown items): 190 Calories; 12g Fat (36.7% calories from fat); 33g Protein; 14g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 188mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk; 1 Fat.