

# Chicken 'n' Dumpling Soup

Rachel Hinz - St. James, MN  
*Taste of Home Prize-Winning Recipes*

**Servings: 20**

**Yield: 5 quarts**

*1 (3 to 3-1/2 pound) broiler/fryer chicken*

*3 quarts water*

*1/4 cup chicken bouillon granules*

*1 bay leaf*

*1 teaspoon whole peppercorns*

*1/8 teaspoon ground allspice*

*6 cups wide noodles, uncooked*

*4 cups carrots, sliced*

*1 package (10 ounces) frozen mixed vegetables*

*3/4 cup celery, sliced*

*1/2 cup onion, chopped*

*1/4 cup uncooked long grain rice*

*2 tablespoons fresh parsley, minced*

## DUMPLINGS

*1 1/3 cups all-purpose flour*

*2 teaspoons baking powder*

*1 teaspoon dried thyme*

*1/2 teaspoon salt*

*2/3 cup milk*

*2 tablespoons vegetable oil*

In a Dutch oven or soup kettle, combine the chicken, water, bouillon, bay leaf, peppercorns and allspice. Bring to a boil. Reduce the heat. Cover and simmer for 1-1/2 hours. Remove the chicken; allow to cool. Strain the broth and discard the bay leaf and peppercorns. Skim the fat.

Debone the chicken and cut into chunks. Return the chicken and broth to the pan. Add the noodles, vegetables, rice and parsley. Bring to a simmer.

For the dumplings, combine the flour, baking powder, thyme and salt in a bowl. Combine the milk and oil. Stir into the dry ingredients. Drop by teaspoonfuls onto the simmering soup. Reduce the heat. Cover and simmer for 15 minutes (do not lift the cover).

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Per Serving (excluding unknown items): 70 Calories; 2g Fat (25.0% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 351mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.