

Chicken and Dumplings Soup

Mary Bibel

The Pennsylvania State Grange Cookbook (1992)

Servings: 8

2 packages cut-up chicken

4 or 5 stalks celery

1 onion

1 tablespoon salt

2 cans (14 ounce ea)

chicken broth

2 cans (10 ounce ea)

`cream of chicken soup

1/4 package wide noodles

3 cups baking mix

1 cup milk OR water

Rinse the chicken well.

In a saucepan, combine the chicken, celery, onion, salt and water to cover. Cook until the chicken is tender. Remove the chicken and strain the cooking liquid. Remove the skin and bones from the chicken. Return the chicken to the cooking liquid.

Add the broth and soup. Bring to a boil. Add the noodles.

In a bowl, combine the baking mix and milk. Mix well. Drop by teaspoonfuls into the simmering soup. Cook, uncovered, for 10 minutes. Cover.

Cook, covered, for 10 minutes longer.

Per Serving (excluding unknown items): 198 Calories; 6g Fat (29.0% calories from fat); 5g Protein; 31g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1533mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.