

Chicken Soup with Bacon-Thyme Dumplings

Lori Lange - RecipeGirl.com

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Servings: 6

SOUP

1 tablespoon olive oil
1 cup carrots, chopped
1 cup celery, chopped
1 cup green beans, trimmed and chopped
3/4 cup onion, chopped
3/4 cup red bell pepper, chopped
10 cups chicken broth
3 cups cooked chicken breast half, chopped
1/8 teaspoon ground allspice
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper

DUMPLINGS

1 1/3 cups all-purpose flour
2 teaspoons baking powder
3 slices cooked bacon, crumbled
1 1/2 tablespoons fresh thyme, chopped
1/2 teaspoon salt
2/3 teaspoon milk
2 tablespoons vegetable or canola oil

In a large pot, heat the olive oil over medium-high heat. Add the vegetables. Stir and cook until slightly softened - about 10 minutes.

Add the chicken broth and bring to a boil. Reduce the heat to a simmer and cook until the vegetables are tender.

Add the chicken, allspice, salt and pepper. Return to a boil.

In a small bowl, combine the flour, baking powder, bacon, thyme and salt. Add the milk and oil. Stir with a fork until a soft dough forms.

Drop by teaspoons into the soup and simmer, covered, for 15 minutes or until a toothpick inserted into a dumpling comes out clean.

Serve immediately.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 425 Calories; 14g Fat (30.4% calories from fat); 42g Protein; 30g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 2025mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	425	Vitamin B6 (mg):	.7mg
% Calories from Fat:	30.4%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	29.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	40.2%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	14g	Folacin (mcg):	78mcg
Saturated Fat (g):	4g	Niacin (mg):	20mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	83mg	% Refuse:	0.0%
Carbohydrate (g):	30g		
Dietary Fiber (g):	3g		
Protein (g):	42g		
Sodium (mg):	2025mg		
Potassium (mg):	860mg		
Calcium (mg):	157mg		
Iron (mg):	4mg		
Zinc (mg):	2mg		
Vitamin C (mg):	45mg		
Vitamin A (i.u.):	7356IU		
Vitamin A (r.e.):	752 1/2RE		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	5
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	425	Calories from Fat: 129
% Daily Values*		
Total Fat	14g	22%
Saturated Fat	4g	18%
Cholesterol	83mg	28%
Sodium	2025mg	84%
Total Carbohydrates	30g	10%
Dietary Fiber	3g	13%
Protein	42g	
Vitamin A		147%
Vitamin C		75%
Calcium		16%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.