

# Hearty Chicken Soup with Dumplings

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## Servings: 6

*3 cups low-sodium chicken broth*  
*3 medium carrots, sliced*  
*2 cups baking potatoes, cubed*  
*2 stalks celery, chopped*  
*1/2 cup onion, chopped*  
*1/2 teaspoon salt-free garlic & herb seasoning mix*  
*1 1/2 cups cooked chicken breasts, cubed*  
*1 tablespoon fresh parsley, chopped*  
*1 cup all-purpose flour*  
*1 1/2 teaspoons baking powder*  
*1/8 teaspoon salt*  
*2 tablespoons unsalted butter, cold*  
*1/3 cup cottage cheese*  
*1/3 cup skim milk*

## Preparation Time: 30 minutes

In a three-quart saucepan, heat the chicken broth, carrots, potatoes, celery, onion and seasoning mix to a boil. Reduce the heat. Cover and simmer for 5 minutes.

Stir in the chicken and parsley. Return to a boil.

Meanwhile, stir together the flour, baking powder and salt. Cut in the butter with a pastry blender until the mixture resembles fine crumbs. Stir in the cottage cheese and milk just until moistened.

Drop the dough by six spoons onto the hot chicken or vegetables in the boiling soup (do not drop directly into the liquid). Reduce the heat to a simmer and cook uncovered for 10 minutes. Cover and cook for 10 minutes longer or until a toothpick inserted in the center of a dumpling comes out clean.

Ladle the soup and dumplings into bowls. Serve.

Start to Finish Time: 50 minutes

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Per Serving (excluding unknown items): 203 Calories; 6g Fat (22.6% calories from fat); 12g Protein; 33g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 271mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	203	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	22.6%
% Calories from Carbohydrates:	57.1%
% Calories from Protein:	20.3%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	12mg
Carbohydrate (g):	33g
Dietary Fiber (g):	3g
Protein (g):	12g
Sodium (mg):	271mg
Potassium (mg):	582mg
Calcium (mg):	127mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	10357IU
Vitamin A (r.e.):	1064RE

Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	58mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 203 Calories from Fat: 46

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	3g	13%
<b>Cholesterol</b>	12mg	4%
<b>Sodium</b>	271mg	11%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	3g	12%
<b>Protein</b>	12g	

<b>Vitamin A</b>	207%
<b>Vitamin C</b>	27%
<b>Calcium</b>	13%
<b>Iron</b>	13%

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