

Quick Chicken and Dumplings

*Lakeya Astwood - Schenectady, NY
Taste of Home Grandma's Favorites*

Servings: 6**Yield: 2 1/4 quarts**

*6 individually frozen biscuits
1/4 cup chopped onion
1/4 cup chopped green pepper
1 tablespoon olive oil
4 cups rotisserie chicken, shredded
3 cans (14-1/2 ounce ea) reduced-sodium chicken broth
1 can (4 ounce) mushroom stems and pieces, drained
1 teaspoon chicken bouillon cube
1 teaspoon fresh parsley, minced
1/2 teaspoon dried sage leaves
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon pepper*

Preparation Time: 30 minutes

Cut each biscuit into fourths. Set aside.

In a large saucepan, saute' the onion and green pepper in oil until tender. Stir in the chicken, broth, mushrooms, bouillon, parsley, sage, rosemary and pepper.

Bring to a boil. Reduce the heat. Add the biscuits for dumplings. Cover and simmer until a toothpick inserted in the center of a dumpling comes out clean (do not lift the cover while simmering), about 10 minutes.

Per Serving (excluding unknown items): 30 Calories; 2g Fat (70.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 154mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.