

Stewed Chicken and Dumplings

*Heidi and David Guertin
Port St Lucie Elementary Family Recipe Book*

*2 pounds chicken, cut in
pieces
4 carrots
1 cup water
dash pepper
1/3 cup milk
1 can cream of chicken
soup
2 large ribs celery
1 medium onion
1 cup Bisquick baking mix*

In a heavy pot, place the chicken, soup, water, carrots, celery, onion and pepper. Cover. Simmer for 40 minutes.

In a bowl, combine the Bisquick with the milk. Stir lightly with a fork.

Drop the dough by spoonful into the chicken mixture.

Cook, uncovered, for 10 minutes. Cover. Cook for 10 additional minutes.

Per Serving (excluding unknown items): 1757 Calories; 113g Fat (58.7% calories from fat); 124g Protein; 55g Carbohydrate; 12g Dietary Fiber; 617mg Cholesterol; 1663mg Sodium. Exchanges: 1/2 Grain(Starch); 16 Lean Meat; 8 Vegetable; 1/2 Non-Fat Milk; 12 1/2 Fat.