

## Chicken and Dumplings

### You will need:

- ~ 1 ½ lbs of chicken breasts (diced into bite size pieces)
- ~ 1 tablespoon of olive oil
- ~ 2 table spoons of butter
- ~ 1 russet potato – peeled and diced
- ~ 2 medium carrots – peeled and diced
- ~ 1 rib celery – diced
- ~ 1 onion – chopped
- ~ 3 cloves of garlic – chopped
- ~ 1 bay leaf
- ~ Salt/pepper to taste
- ~ 1 table spoon of Italian seasoning – parsley, basil, thyme, sage
- ~ 2 table spoons of flour
- ~ 1 quart of chicken stock
- ~ 1 small box of dumpling mix – like Buttermilk Jiffy Mix
- ~ ½ cup of water
- ~ 1 cup of frozen peas

### Directions:

- ~ Place a large pot on stove over medium high heat. Add oil, butter, vegetables, Italian seasoning, salt, pepper and bay leaf. Sauté for 5 min, stirring frequently.
- ~ Add flour and cook for an additional 2 min
- ~ Pour in the chicken stock and bring to a boil. Add chicken. Simmer while you make the dumpling mixture.
- ~ Dumpling mixture: Combine dumpling mix with water, mix well.
- ~ Drop teaspoonfuls of prepared mix into the pot, spacing dumplings evenly. Cover pot tightly and reduce heat to medium low. Steam dumplings 8 to 10 minutes.
- ~ Remove cover and stir chicken and dumplings to thicken sauce a bit. Turn off the heat. Stir peas into the pan, cover and let sit for 5-10 min.
- ~ Serve and enjoy!