

# Chicken and Dumplings

*Tasty, home cooked comfort food in less than 30 minutes.*

**Makes 6 servings.**

*1½ cups per serving.*

**Prep time:** 5 minutes **Cook time:** 30 minutes

## Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables
- 2 cups cooked, chopped chicken
- 1 teaspoon dried thyme
- 1¼ cup prepared baking mix
- ⅓ cup lowfat milk
- 1 egg



## Preparation

1. In a large pot over medium heat, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil; reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons into hot stew. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

**Nutrition information per serving:** Calories 193, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 20 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 257 mg