

Crock Pot Chicken and Dumplings

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Recipe adapted from Jen over at Embracing Chaos with Jen on YouTube

Serves 6

Blue -7 points

Purple – 7 points

Green – 10 points

- 1 pound boneless, skinless chicken breasts
- 2 cans Healthy Request Cream of Chicken Soup – or homemade – see note below.
- 2 cups chicken broth
- 10 oz frozen mixed vegetables
- 1 small onion, chopped
- 1 tsp poultry seasoning
- 1 tsp parsley
- 1/2 tsp garlic powder
- 2 cups Bisquick Heart Smart baking mix
- 2/3 cup skim milk
- salt and pepper to taste

1. In a 6 quart crock pot, add onions and lay chicken breasts on top

2. In a medium bowl, combine soup, broth, vegetables, parsley, poultry seasoning and garlic powder, pour over chicken. Cook on low for 6 hours.
3. In a medium bowl, mix together Bisquick and milk.
4. Turn crockpot on high. Using a tablespoon, drop spoonfuls of the biscuit mix into the crock pot. Let sit on top. Replace lid and turn to high and let cook for one hour or until dumplings are cooked through.

I am no longer using cream of chicken soup in a can. I make my own from a mix. I used to do it all the time as a young bride and I'm not really sure why I stopped. I think the recipe came out of a church/community cookbook. Here is the recipe for the soup mix. I will also put it on the website by itself!

2 cups non fat dry milk

2 1/2 cups all purpose flour

1/4 cup chicken bouillon powder

1/2 tsp white pepper (black is totally fine if you don't have white!)

1/2 tsp dried thyme

1 tsp dried basil

Mix all ingredients well and store in an airtight container. This recipe makes the equivalent of 9-10 cans of cream soup. Each serving or "can" is 6 points.

To make the soup – place 1/2 cup of mix in a small saucepan and slowly add 1 1/4 cup of water to pan while whisking. Cook over medium heat until thick and bubbly.

You can alter the taste to cream of mushroom, celery or potato

by adding the appropriate dried vegetables. You can also chop fresh veggies very fine and saute and add to mix.