

Chicken and Dumpling Casserole



INGREDIENTS:

- ★ 3 Tablespoons olive oil
- ★ $\frac{3}{4}$ cup chopped onion
- ★ $1\frac{1}{4}$ cup chopped carrots
- ★ $\frac{3}{4}$ chopped celery
- ★ 3 cups chicken broth
- ★ 3 Tablespoons flour
- ★ $2\frac{1}{2}$ cups chopped rotisserie chicken
- ★ $1\frac{1}{4}$ cup frozen peas
- ★ $\frac{1}{2}$ teaspoon salt
- ★ $\frac{1}{2}$ teaspoon pepper

Dumplings

- ★ 1 cup flour
- ★ 2 teaspoons baking powder
- ★ $\frac{1}{4}$ teaspoons salt
- ★ 1 egg
- ★ $\frac{1}{3}$ cup milk

Method:

Step 1

In a large skillet heat oil and add onion, carrots, and celery. Cook until tender. Add flour and $\frac{1}{4}$ cup broth. Stir until thickens and then slowly add the rest. Cook over medium heat until it thickens, about 3 minutes. Add chicken, peas, salt and pepper.

Step 2

Pour into baking dish.

Step 3

Preheat oven to 400

Step 4

To make dumplings: In a medium mixing bowl add flour, baking powder, and salt. Wisk together. Add egg and milk and mix with a wooden spoon until just combined. Drop dough over chicken mixture with a spoon. (Makes about 8 dumplings) Bake for 15 minutes or until the dumplings are golden brown