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Old-Fashioned Chicken and Dumplings

Prep Time: 35 mins

Cook Time: 25 mins

Total Time: 1 h

Ingredients

- 1 3/4 pounds chicken, thighs, boneless, skinless, trimmed and cut into 1.5 inch pieces
- 2/3 cup(s) flour, all-purpose
- 2 tablespoon oil, canola, divided
- 2 large carrot(s), diced
- 2 stalk(s) celery, diced
- 1 large onion(s), diced
- 1 tablespoon poultry seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black ground
- 28 ounce(s) broth, reduced-sodium chicken, (2, 14-ounce cans)
- 1 cup(s) water
- 1 1/2 cup(s) peas, frozen, thawed
- 1 cup(s) flour, whole-wheat pastry
- 1/2 cup(s) flour, all-purpose
- 1 teaspoon poultry seasoning
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup(s) buttermilk, fat-free



Recipe Tip:

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Preparation

1. Toss chicken with 2/3 cup all-purpose flour in a medium bowl until coated. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Reserving the remaining flour, add the chicken to the pot and cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Transfer the chicken to a plate.
2. Reduce heat to medium and add the remaining 1 tablespoon oil to the pot. Stir in carrots, celery, onion, 1 tablespoon poultry seasoning, 1/2 teaspoon salt and pepper. Cover and cook, stirring occasionally, until the vegetables are softened, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth, water, peas and the reserved chicken. Bring to a simmer, stirring often.
3. To prepare dumplings: Meanwhile, stir whole-wheat flour, 1/2 cup all-purpose flour, 1 teaspoon poultry seasoning, baking soda and 1/4 teaspoon salt in a medium bowl. Stir in buttermilk.
4. Drop the dough, 1 tablespoon at a time, over the simmering chicken stew, making about 18 dumplings. Adjust heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender and the chicken is cooked through, about 15 minutes.