

Lunch | Dinner

# Homestyle Chicken and Dumplings

Side Effect: Dry Mouth

**15 Mins**  
Prep Time

**30 Mins**  
Cook Time

**4**  
Servings

450 Calories 11g Fat 45g Carbs 36g Protein



## Ingredients

4 Servings 45 Mins Total Time Allergens: Gluten, Dairy

2 Tbsp Extra Virgin Olive Oil

1 Small Shallot, washed and finely chopped

2 Ribs of Celery, washed and chopped

4 Carrots, washed and chopped

4 Sprigs Fresh Thyme, washed

1 Quart (4 Cups) Low-Sodium Chicken Broth

1 Cup Cooked, Shredded Chicken

1 ½ Cups Flour

2 Tsp Baking Powder

½ Tsp Salt + more to taste

1 Cup Pasteurized Buttermilk\*

Fresh Ground Pepper, to taste

\*Make your own buttermilk by adding 1 Tbsp of lemon juice or vinegar to a glass measuring cup. Fill the cup with enough milk to measure 1 cup. Stir, then allow to stand for 5 minutes to thicken.

### Nourishment Note



#### Chicken

Chicken is an excellent lean protein source. Protein needs may be elevated when going through cancer treatments.



#### Chicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.

### Allergen Swap

**Gluten** Use a cup-for-cup gluten-free flour replacement

**Dairy** Make your own buttermilk using a non-dairy milk alternative (almond, soy, etc.)

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Vegetables

In a large deep skillet, heat oil over medium-high heat. Add shallot, carrots, celery and thyme sprigs. Cook until the vegetables have softened, about 3-5 minutes.

### 3. Add Chicken

Add the chicken broth and shredded chicken. Bring the mixture to a simmer.

### 4. Make the Dumplings

Meanwhile, make the dumplings. In a medium bowl, stir together the flour, baking powder, and salt. Add the buttermilk and stir until combined.

### 5. Combine & Cook

Bring the chicken mixture to a boil. Working quickly, drop heaping scoops of dumpling dough into the chicken mixture using a cookie scoop or 2 teaspoons. Continue until you've used all the dough. Cover the skillet and allow dumplings to cook for 2-3 minutes.

### 6. Season & Serve

Season mixture with salt and pepper, to taste. Serve dumplings topped with chicken mixture into bowls and enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Large Deep Skillet with Lid



Medium Bowl



Mixing Spoon



Cookie Scoop or Two Teaspoons

### Fatigue Buster

- Purchase buttermilk instead of making your own.
- Pulse vegetables in a mini food processor to chop.
- Buy pre-shredded chicken or use canned chicken.