



KANSAS PIONEER

Chicken and Dumplings



Serves 6 to 8

- 2 lb. Chicken Thighs
- 32 oz. Chicken Broth
- 1 T. Cavender's Seasoning
- 1 c. Frozen peas and carrots
- ¼ c. Finely chopped onion
- ¼ c. Cornstarch mixed with ¼ c. water
- 1 c. Bisquick baking mix
- 1/3 c. Milk

Place chicken and broth in 4 qt. pot to boil. When chicken is tender remove from broth. Add enough water to broth to make 2 qt. liquid and add vegetables. Bring back to boil while you separate and cut meat into bitesize pieces. Add meat to pot. Return to a boil. When vegetables are done thicken stew with cornstarch mix. In a small bowl, mix

baking mix and milk. Drop in soup by spoonful. Cover and let Simmer to cook dumplings, approximately. 10 min.

Note: To stretch this recipe add another 32 oz. of Chicken broth with water and up corn starch to ½ c. Make 2 c. of Baking mix and 2/3 c. Milk for dumplings.

Enjoy! Pamela