

Chicken-Dumpling Soup

Preparation time: 30 minutes

Cooking time: 20 minutes

Yield: 6 cups

Here's another soup with a down-home flair. And it's a big favorite with kids, who find the fluffy dumplings irresistible!

Soup Base

6 cups reduced sodium chicken broth
1 cup cooked chicken meat, cubed
1 stalk celery, trimmed, diced
1/4 cup onion, diced
black pepper, to taste
Fresh chopped parsley, for garnish

Dumplings

1/4 cup all purpose flour
1/4 cup whole wheat flour
1-1/2 tablespoons unsalted butter
1 teaspoon baking powder
1/4 cup ground flaxseed
1/3 cup skim milk

1. In a large stockpot, combine the broth, chicken, celery, and onions. Over medium heat, bring to a boil.
2. Add pepper to taste, then reduce to a simmer uncovered while you prepare your dumpling mix.
3. Place flours in a medium-sized mixing bowl. Cut the butter into the flours until it forms walnut-sized pieces.
4. Add remaining dry ingredients, stirring to make sure they blend completely.
5. Add milk gradually, mixing as you go until a thick batter is formed.
6. Bring soup back up to full boil.
7. Using a medium-sized wooden spoon or cookie scoop, drop about a tablespoon of dumpling mixture, one at a time, onto the surface.

8. Keep the soup boiling and cook uncovered for 10 minutes, then cover and cook for another 10 minutes. When the dumplings are not doughy, then it is done.
9. Spoon soup into individual serving bowls, making sure that each gets two to three dumplings. Garnish with a sprinkling of parsley.

Nutrition Information Per Cup

Calories 148	Fat 6 g	Fiber 3 g
Carbohydrates 10 g	Omega-3 Fats 1332 mg	Calcium 85 mg
Protein 13 g	Cholesterol 28 mg	Sodium 738 mg