

Chicken and Dumplings w/ variations

Ingredients:

Soup:

- 2-4 quarts chicken broth - *saved from the water from cooking the chicken, if possible*
- 3 c. cooked chicken, shredded or chopped
- 1 bag of mixed veggies, steamed or cooked
- 3 T. butter (*optional*)
- 1 small onion, chopped (*optional*)
- 1-2 T chicken bouillon, (*optional*)
- 1 can cream of chicken soup, if you want a creamier base (*optional*)
- salt and pepper to taste

Directions:

Prepare your noodles or dumplings as directed.

Sauté your onion in the butter and then add the remaining ingredients. *Adjust amount of broth as you like.*

Bring the broth to a simmer.

While the soup is coming to a simmer, work on your dumplings or noodles.

Add your dumplings or noodles and cook as directed.

Noodles:

- 1 egg
- 2 T cold water
- pinch of salt
- 1 c. all purpose flour

Whisk together the first 3 ingredients in a medium bowl. Slowly add in the flour, a spoonful at a time. Knead until it becomes smooth and uniform. Cover and let rest.

Once rested 5-10 minutes, divide the dough into halves and roll out on a lightly floured surface, to approximately 1/4 inch thick. Use a knife or pizza cutter to cut lengthwise strips of dough into desired thickness and then cut horizontally to make shorter noodles.

Separate and drop into the simmering soup. Noodles are ready when they float.

Drop Dumplings:

- 2 c. flour
- 1 T baking powder (*omit if using self-rising flour*)
- 1/2 t. salt (*omit if using self-rising flour*)
- 1 1/4 c. buttermilk, or regular milk - *you may need a little more to get it to the right consistency*
- 1/4 butter, melted (*optional*)
- pepper, to taste

Stir together all the dry ingredients, except the pepper. Next add in the butter and milk until you get a somewhat shaggy dough. Stir just enough to mix it in... DON'T OVERMIX!

Drop the dumplings by large spoon into the simmering broth, sprinkle with pepper. Cover and let cook 5-10 minutes, turn off and allow to rest with the lid on for another 5-10 minutes.

Flat Dumplings:

- 2 c. flour
- 1 t. baking powder (*omit if using self-rising flour*)
- 1/2 t. salt (*omit if using self-rising flour*)
- 1 c. buttermilk, or regular milk
- 1/4 butter, melted (*optional*)

In a bowl, combine the dry ingredients. Add in the remaining ingredients.

Mix with a fork until the dough forms a ball. Add a little more flour if needed to make a smooth round ball.

Flour a work surface. Roll the dough out to about 1/4 inch thin with a heavily floured rolling pin.

Use a pizza cutter or knife to cut the dumplings in squares about 2x2.

Use a spatula to put them onto a floured plate.

Add dumplings one at a time, then allow to cook for 15-20 minutes. Take one out to test, if a still a little doughy then let them cook another 5 minutes.