

# CHICKEN and DUMPLING SOUP

**Serves:** 8 (approximately 2 cups/serving)

**Prep/Cook Time:** 20/45 minutes

## Ingredients:

### SOUP

2 tablespoons vegetable oil  
2 cups carrot, chopped  
1 cup onion, chopped  
1 cup celery, chopped, including some leaves  
2 quarts chicken broth, fat free, reduced sodium  
2 cups cooked chicken breast, shredded  
½ teaspoon black peppercorns  
½ teaspoon dried thyme  
2 bay leaves  
2 cups fresh spinach leaves, coarsely chopped



### DUMPLINGS

1 cup whole wheat flour  
1 cup all-purpose flour  
¼ teaspoon salt  
¾ cup skim milk  
1 egg, large

**Directions:** Heat oil in Dutch oven or soup kettle over medium-high heat. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme and bay leaves. Reduce heat to low; simmer, partially covered for 20 minutes. Meanwhile, in small bowl, mix dumpling ingredients until well blended. Drop small spoonfuls of dumpling dough into simmering soup. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook). Remove bay leaves before serving soup. Stir in spinach.

### Nutrition per serving:

Calories: 266  
Total Fat: 6.5 g  
Saturated Fat: 1.3 g  
Sodium: 618.5 mg  
Potassium: 370.34 mg  
Calcium: 123.81 mg  
Vitamin D: .23 mcg; 9.38 IU  
Dietary Fiber: 5.85 g

### Amount of Each Food Group Per Serving:

Fats: .33  
Milk, Yogurt, Cheese: .1  
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2 oz  
Fruits, Vegetables: 1.5  
Bread, Cereal, Rice, Pasta: 1.5

**Serve with 1 fruit serving, and 1 non-fat dairy serving.**



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.