



Classic Chicken and Dumplings

Creamy skillet gravy + fluffy sour-cream drop dumplings

Serves: 6	Prep: 20 min	Cook: 40 min	Total: ~1 hr
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Ingredients - Sauce

Olive oil	2 tbsp (30 mL)	Dried parsley	1/2 tsp
Chicken thighs, boneless/skinless, chopped	2 lb (907 g)	Dried thyme	1/2 tsp
Butter	2 tbsp (28 g)	Dried sage	1/2 tsp
Onion, chopped	1 medium (~150 g)	All-purpose flour	1/4 cup (30 g)
Carrots, chopped	2 medium (~150 g)	Frozen green peas	1 cup (150 g)
Celery, chopped	2 stalks (~110 g)	Chicken stock	4 cups (960 mL)
Garlic, chopped	3 cloves (~10 g)	Half-and-half	2 cups (480 mL)
Chili flakes	1/2 tsp (~1 g)	Salt, divided	1 1/2 tsp (~9 g)
Dried basil	1/2 tsp	Black pepper	1 tsp (~2 g)

Ingredients - Dumplings

All-purpose flour	2 cups (240 g)	Garlic powder	1/2 tsp (~1.5 g)
Baking powder	2 tsp (8 g)	Sour cream	1/2 cup (120 g)
Baking soda	1/2 tsp (2 g)	Milk	1/2 cup (120 mL)
Sugar	1 tsp (4 g)	Butter, melted	4 tbsp (56 g)
Salt	1/2 tsp (3 g)		

To finish: chopped fresh parsley (optional)

Instructions

- 1 Brown chicken in olive oil; season with 1 tsp salt. Remove.
- 2 Saute onion and carrots 5 min; add celery and garlic 2 min.
- 3 Add chili flakes and herbs 1 min. Stir in 1/4 cup flour; cook 2 min.
- 4 Whisk in stock; add peas. Simmer 10 min until thickened.
- 5 Mix dumplings: whisk dry; stir in sour cream, milk, and melted butter just until combined.
- 6 Stir in half-and-half; add pepper and remaining salt to taste. Return chicken; bring to gentle boil, then simmer.
- 7 Drop batter by spoonfuls (do not stir). Partially cover; cook 10-15 min until dumplings are set.
- 8 Rest 5 min; spoon sauce over dumplings. Serve with parsley.

Nutrition (estimated, per serving): 620 calories; 33 g protein; 40 g carbs; 36 g fat; 17 g sat fat; 3-4 g fiber; 900-1,050 mg sodium.