



## Chicken and Dumplings Soup

*Need an easy soup in under 30 minutes? This lovely chicken and dumpling soup is comfort in a bowl! Use a rotisserie chicken from the grocery store and make a flavorful broth seasoned with fresh carrots, celery and thyme.*

Serves: 6

Serving Size: 1 ½ cup

### Ingredients

- 1 T olive oil
- ½ cup chopped onions
- 3 carrots, peeled and diced small
- 3 celery stalks, diced small
- 1 tsp dried thyme or 1 T fresh
- 1 tsp garlic powder
- ¼ tsp salt + more to taste
- ½ tsp black pepper + more to taste
- 8 cups low sodium chicken stock or broth
- 1 (10.5 oz) can of Healthy Request Campbell's condensed cream of chicken soup
- 1 rotisserie chicken, skin removed and deboned, shredded
- 2 T lemon juice
- ¼ cup fresh chopped Italian parsley
- 1 can of refrigerated biscuits, or homemade dumplings

### Directions

1. Make dumplings with our separate dumpling recipe, or see chef's note. Set dumplings aside.
2. Heat oil in a large soup pot over medium heat. Add onions, carrots, celery, thyme, garlic powder, salt and pepper and saute 5 minutes until vegetables start to soften.
3. Pour in chicken stock, bring to a simmer and let it cook for 15 minutes.
4. Add the Campbell's soup and shredded rotisserie chicken to the pot. Stir to combine, bring soup to a rolling boil and cook for 10 minutes. Add lemon juice and parsley and stir.
5. Reduce heat to a simmer and drop dumplings one at a time into the soup. Cover and simmer for 15 minutes, until a toothpick inserted into a dumpling comes out clean. Season to taste if needed.

**Chef's Note: If desired, use canned biscuits instead of homemade dumplings. Same process applies; roll biscuits into small balls and drop into broth one at a time.**

### Nutrition Info per serving (minus dumplings):

Calories: 153, Saturated Fat: 1.4g, Sodium: 511.4 mg, Added Sugars: 0g, Fiber: 3.8g, Protein 12.9g

Recipe adapted from: <https://www.mydiaryofus.com/blog/easy-chicken-and-dumplings>