



Homemade Dumplings (For Chicken and Dumpling Soup)

These 5 ingredient homemade dumplings work best in our chicken and dumplings soup! These dumplings are fluffy and makes a wonderful addition to any soup to make it more filling!

Serves: 6

Serving Size: 6-10 dumplings depending on size

Ingredients

- 1 cup all purpose flour
- 2 tsp baking powder
- ½ tsp salt
- 1 T cold, unsalted butter, cut into small cubes
- ½ cup 2% milk

Directions

1. Stir together flour, baking powder, and salt in a medium bowl.
2. Using 2 knives or your fingers, cut butter into flour mixture until it is crumbly.
3. Stir in milk and mix with a wooden spoon until a thick batter forms. You should be able to scoop it with a spoon. Rest batter for 5 minutes.
4. Scoop small amounts of batter over the boiling broth. Cover and simmer 15 minutes until a toothpick inserted into a dumpling comes out clean.

Chef's Note: Add 1 teaspoon of sugar to step 1, if desired.

Nutrition Info per serving:

Calories: 103, Saturated Fat: 1.2g, Sodium: 206mg, Added Sugars: 0g, Fiber: 0.6g

Recipe adapted from: <https://www.allrecipes.com/recipe/6900/dumplings/>