



# Noreen's Kitchen

## Chicken and Dumplings

### Ingredients

2 tablespoons butter  
2 pounds, chicken tenders  
1 medium onion chopped roughly  
4 stalks celery, chopped  
1 cup matchstick or shredded carrot  
4 cups chicken stock  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon poultry seasoning  
1 teaspoon celery seed  
2 teaspoons dried parsley

1 teaspoon salt  
1 teaspoon cracked black pepper  
1/4 cup Wondra flour or all purpose flour

### Dumplings

2 cups all purpose flour  
1 tablespoon baking powder  
6 tablespoons cold butter, cut into small cubes  
1 tablespoon dried parsley  
1 to 1 1/2 cups buttermilk

### Step by Step Instructions

Mix all ingredients for dumplings together in a bowl and set aside.

Heat butter in a large, deep skillet.

Add onion, celery and carrots and sautee. Place lid on pan for about 5 minutes to allow veggies to steam.

Add chicken stock and chicken tenders and give everything a good stir. Cover and allow to cook for five minutes.

Sprinkle in Wondra flour and whisk well to combine. Allow to thicken to desired consistency adding more flour if needed.

Drop dumpling mixture by scoops or tablespoons full across the top of the simmering chicken mixture. Give them some room to expand.

Cover and simmer approximately 10 minutes, until the dumplings have steamed and doubled or more in size.

**Enjoy!**