

Crock pot Chicken and Dumplings

Yield: 5 min
Total Time: 365 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetavledumpling-recipe>

Ingredients:

- 2 boneless, skinless chicken breasts can be frozen
- 1/2 package veggies frozen mixed, or chop up some fresh veggies
- 1/2 onion chopped finely
- 1 can cream of chicken soup
- 2 cups water or milk
- 2 cups chicken broth
- 1 teaspoon garlic salt
- 1 teaspoon poultry seasoning
- salt
- pepper
- 1 biscuits 10 ct canned, cheap kind, not grands

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 780 milligrams
9. Sugar: 2 grams

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