

# Chicken and Dumplings

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-dumplings-recipe>

## Ingredients:

- 4 cups rotisserie chicken shredded, or 2 large chicken breasts cooked and shredded
- 8 cups water
- 4 tablespoons chicken Better than Bouillon
- 4 tablespoons salted butter
- 4 carrots cut in half lengthwise and then diced
- 4 celery stalks diced
- 2 yellow onions small, diced finely
- 1/2 cup flour
- 1 cup milk
- 1 teaspoon italian seasonings
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 cups bisquick sifted into medium mixing bowl
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon italian seasonings
- 1 cup milk
- 4 tablespoons salted butter melted

## Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 415 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 42 grams
7. SaturatedFat: 21 grams
8. Sodium: 2430 milligrams

9. Sugar: 21 grams

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