

# Old-Fashioned Southern Chicken and Dumplings

Yield: 4 min  
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-southern-chicken-dumplings-recipe>

## Ingredients:

- 4 pounds chicken young
- 3 rib celery each cut into 3 large pieces
- 1 large onion peeled and quartered
- 1 tablespoon chicken base like Better Than Bouillon, or 3 chicken boullion cubes
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cups all-purpose flour see note
- 3/4 cup ice water
- 10 1/2 ounces cream of chicken soup
- 3 tablespoons cornstarch optional

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 300 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 99 grams
7. SaturatedFat: 6 grams
8. Sodium: 2030 milligrams
9. Sugar: 2 grams

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