

Rocco DiSpirito - Chicken and Dumpling Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/rocco-dispirito-mexican-chile-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 pound boneless, skinless chicken thighs cut into 1-inch pieces
- sea salt Celtic
- freshly ground black pepper
- 1/2 yellow onion diced
- 1 stalk celery diced
- 1 small carrot diced
- 2 cloves garlic minced
- 2 teaspoons fresh thyme
- 4 cups chicken stock
- 2 tablespoons chopped fresh parsley
- 1/3 cup heavy cream
- 1 cup mozzarella cheese shredded low-moisture whole-milk
- 2 tablespoons full fat cream cheese
- 3/4 cup almond flour
- 1/2 teaspoon baking powder
- sea salt Celtic
- freshly ground black pepper
- 1 large egg beaten

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 160 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 32 grams

7. SaturatedFat: 13 grams
 8. Sodium: 1100 milligrams
 9. Sugar: 7 grams
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