

Chicken and Dumpling Casserole

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-dumpling-recipe-with-baking-powder>

Ingredients:

- 3 tablespoons olive oil
- 3/4 cup chopped onion
- 1 1/4 cups carrots chopped
- 3/4 chopped celery
- 3 cups chicken broth
- 3 tablespoons flour
- 2 1/2 cups rotisserie chicken chopped
- 1 1/4 cups frozen peas
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup milk

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 130 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 2 grams
8. Sodium: 470 milligrams
9. Sugar: 3 grams

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