

Chicken and Drop Dumplings

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 1 pound chicken tenders diced
- 1/2 onion finely diced
- 32 ounces chicken stock
- 1 cup milk or half & half
- 1 package chicken gravy mix
- 1 cup frozen peas and carrots
- salt
- pepper
- 2 cups bisquick
- 2/3 cup warm water

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 1020 milligrams
9. Sugar: 11 grams

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