

Homemade Chicken and Dumplings

Filling Ingredients:

3 tablespoons cold unsalted butter, cut into small cubes
1 small yellow onion, minced
1 stalk of celery, thinly sliced
2 medium carrots, peeled & diced
1/4 cup flour (or use 1 cup cool water and 2 tablespoons of cornstarch for gluten-free)
3 cups chicken broth (sub vegetable broth for vegetarian option)
2 cups diced cooked chicken (appx. ¾ lb of boneless/skinless chicken breast or shredded from a rotisserie) - (substitute cubed/boiled potatoes or sliced portobello mushrooms for vegetarian option)
1/3 cup green beans (trimmed and cut); or add/substitute peas and corn if you want!
Salt & Pepper to season

Dumpling Ingredients:

1 cup flour (or gluten-free substitute)
1 teaspoon baking powder
1 teaspoon coarse salt
2 tablespoons fresh italian parsley (plus more for garnish if desired)
2 tablespoons cold unsalted butter, cut into small cubes
1/2 cup whole milk

Prep ahead instructions:

- Cube 5 tablespoons of butter, and place back in refrigerator until ready to use.
- Mince 1 small yellow onion; store in airtight container until ready to use.
- Slice 1 stalk of celery; store in airtight container until ready to use.
- Peel & dice 2 medium carrots; store in airtight container until ready to use.
- Boil/cook & dice (or shred rotisserie-cooked chicken) chicken.
- *Vegetarian Option* - cube & boil potatoes (2 cups) OR clean and slice portobello mushrooms
- Trim & cut 1/3 cup of green beans
- Chop 2 tablespoons of fresh italian parsley

In a large saucepan with a lid, melt 3 tablespoons butter over medium-high. Add onion, celery, and carrots and cook until onion is translucent, about 4 minutes. Add 1/4 cup flour (or water/cornstarch mixture for gluten-free) and cook, stirring, 1 minute. Gradually add broth, stirring constantly, then bring to a boil. Reduce heat and simmer for 5 minutes. Stir in chicken (or potatoes/mushrooms for vegetarian option) and green beans/vegetables and season with salt and pepper.

Make dumplings: Whisk together 1 cup flour, baking powder, 1 teaspoon coarse salt, and 2 tablespoons parsley. Cut in 2 tablespoons butter. Stir in milk. Drop heaping spoonfuls of batter on top of chicken mixture. Cover and simmer until dumplings are cooked through, about 12 minutes. Serve topped with additional chopped parsley

[[SEE NEXT PAGE FOR APPLE CRISP RECIPE]]

Apple Crisp Recipe

Filling Ingredients:

5 cups fresh apples, sliced (2 lbs OR 4 large - Granny Smith, Honeycrisp, Golden Delicious - or a mix)

1/2 cup granulated sugar (or sugar substitute)

1/2 tsp cinnamon

1 teaspoon vanilla extract

Traditional Topping Ingredients:

1/2 cup all purpose flour (or gluten-free substitute)

1/3 cup old fashioned oats

2/3 cup packed light brown sugar

1/4 tsp salt

1/2 teaspoon cinnamon

1/2 stick of butter melted

Gluten-free Topping Ingredients:

2 cups gluten-free rolled oats, divided

3/4 cup packed light brown sugar

1/2 teaspoon salt

8 tablespoons (1 stick) unsalted butter, melted and cooled

1 teaspoon vanilla extract

Prep ahead instructions:

Apples - peel, core and slice four (4) large **apples**. Toss the slices in a bowl with lemon juice and cold water, or soak them in salt water, then rinse. Store them in an air-tight container in the fridge overnight or until ready for use.

Cooking instructions:

Preheat your oven to 350 degrees F. Grease a 2-quart baking dish with butter.

Grab a large bowl and combine about 5 cups of sliced apples (this comes to about 2 pounds of apples, or 4 large ones) with some granulated sugar, cinnamon, and vanilla extract. Pour that yummy goodness into your baking dish.

Next, make the topping. *For a traditional topping:* combine flour, oats, brown sugar, salt, and cinnamon in a medium-sized bowl. Pour in the melted butter and stir until well coated and crumbly (I usually put my hands in there to get it mixed up well). Sprinkle the crumb mixture evenly over the top of the apples.

For a gluten-free topping: Using a food processor/blender/coffee grinder with the blade attachment, process 1 cup of gluten-free rolled oats until it resembles flour (about 3 minutes). Transfer the flour mixture to a large bowl. Add the remaining 1 cups of gluten-free rolled oats, sugar, and salt and stir until combined. Drizzle the melted butter and vanilla extra over the mixture and stir to combine. Sprinkle the crumb mixture evenly over the top of the apples.

Now pop that dish into your waiting oven for 45-60 minutes, and get ready for heavenly smells to start floating your way! I cook mine until my apples are soft and tender. Once it's done baking, allow it to cool slightly then serve. It tastes amazing served warm with some vanilla ice cream on top!