



# SHORTCUT CHICKEN & DUMPLINGS



SERVES 3-6

**Basic pancake mix turns a simple chicken stew into a kicked up comfort food favourite!**



## Ingredients:

4 teaspoons butter/margarine/olive or vegetable oil, divided

1.5 to 2 lbs chicken breast pieces, (fully thawed by placing in fridge 1 to 2 days, using defrost setting on microwave) cut into 1 to 2 inch chunks

2 medium potatoes, peeled and cut into 1" chunks\*

1 medium carrot, peeled and sliced into 1/4" discs\*

1 tin (398 ml) well-drained mixed vegetables (your favourite type)

2 tins (284 ml each) condensed cream of chicken/mushroom soup (or a combo)

1 tin (284 ml) measure of milk, plus 1/3 cup more for biscuits

1 cup regular pancake mix (not Bisquick)

1 thinly sliced green onion, white and green portions\*

1/4 tsp salt

Fresh or dried thyme, pinch (optional)

## Directions:

~Heat a deep 12 inch skillet (with a tight-fitting lid) over medium-high heat. Heat 2 teaspoons butter/oil, then add chicken in a single layer.

~Season with salt and pepper and cook, scraping pan, turning chicken pieces and reducing heat a bit if needed, until chicken begins to turn slightly golden on all sides (about 10 minutes).

~Transfer chicken to a plate, put skillet back onto stove and melt remaining 2 teaspoons butter on medium heat.

~Scrape up browned bits and add sliced carrots and cubed potatoes to pan, and season with salt and pepper.

~Cook, stirring often, until veggies begin to turn golden, about 10 min.

~Return chicken to pan along with accumulated juices, and add drained tin of mixed veggies, the 2 tins of soup, and the tin of milk to pan.

~Stir thoroughly to combine, reduce heat a bit to medium-low, cover and bring to a gentle simmer while you make the dumplings:

~Using a fork, combine well, 1 cup pancake mix and 1/4 teaspoon salt. Toss with sliced green onion and add 1/3 cup milk. Mix well. Dough will be shaggy, thick and sticky.

~Use a spoon to divide dough into 6 portions in the mixing bowl, and once stew comes to a gentle simmer, give it a really good stir, being sure to scrape the bottom of the pan well. Then gently drop the 6 dumplings on top of the stew, spaced out, then cover the pan, bring back to a gentle simmer and keep the heat low.

~Cook very gently, 20 minutes, without stirring and without removing the lid.

~Spoon into bowls to serve and garnish with a pinch of fresh or dried thyme, if desired.

**Note:** This pairs well with a mixed green salad tossed in a simple vinaigrette of 1 part your favourite vinegar to 2 parts oil plus a pinch of each, sugar, salt and pepper. Add a chopped apple and a few nuts to make this (or any!) salad company-worthy!

## \*Substitutions/Variations:

If fresh veggies are unavailable or if you prefer to use a different variety OR if you have frozen veggies on hand that you'd like to use instead, go for it! You can make this dish a thousand different ways. You can also add chives or shredded cheese to the dumplings and use them to top just about any stew you like to make! Just cover with a tight-fitting lid, simmer gently for 20 minutes, and, voila! Cooking for 1? Make the whole recipe and freeze in portions! A quick thaw and heat and you have a nearly instant, take anywhere, heat and eat lunch or dinner! Not a fan of white meat? Substitute chunks of boneless, skinless chicken thighs for the chicken breast pieces.

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