

CHICKEN & DUMPLINGS



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Ingredients

Yield: 16(½) cup servings

- 1 can of fat free reduced sodium chicken broth
- 5-6 c water
- 1 tbsp onion powder
- 1 tsp garlic powder
- ½ c finely diced celery
- 3-4 boneless skinless chicken breasts
- ½ c lite butter
- 1 c low fat cream of chicken soup
- 18-20 medium fat free white flour tortillas
- Salt and pepper to taste

Directions

1. Combine chicken broth, water, seasonings and diced celery and bring to a boil.
2. Add chicken to boiling mixture and cook until tender and completely cooked. Then remove chicken from mixture and dice into small pieces.
3. Set diced chicken aside. Add butter and cream of mushroom soup to boiling water and bring to a boil.
4. Cut tortillas into strips and also add to boiling mixture. Cook about 10-15 minutes. Add chicken. If mixture is too thick add skim milk to desired thickness.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	158	3.75 g	9 g	28.4 g	636 mg

Carbohydrate Exchanges: 2