



## Delectable Chicken & Dumplings



If you want all the comfort of Chicken & Dumplings WITHOUT feeling bloating or sleepy after indulging in this savory dish, THIS is your recipe! Fresh and healing ingredients like carrots, cilantro and celery help your body feel truly nourished, and with consistent great recipe options like this one, hunger hormones begin to regulate leaving you feeling so satisfied.



## Ingredients

Serves 4

### **For the Soup**

| <b>Ingredients</b>                |          | <b>Links to buy on Amazon</b>                              |
|-----------------------------------|----------|------------------------------------------------------------|
| Extra Virgin Olive Oil            | 2 tbsp   | <a href="#">Extra Virgin Olive Oil</a>                     |
| Crushed Garlic                    | 1 tsp    | <a href="#">Garlic</a>                                     |
| Chopped Onion, Large              | 1        |                                                            |
| Diced Carrots                     | 1 cup    |                                                            |
| Chopped Celery Stalk              | 1        |                                                            |
| Salt and Pepper                   | To taste | <a href="#">Salt</a> & <a href="#">Ground Black Pepper</a> |
| Chicken Broth                     | 6 cups   |                                                            |
| Boneless, Skinless Chicken Thighs | 5 pieces |                                                            |
| Mushrooms                         | 1 cup    |                                                            |
| Spinach                           | 2 cups   |                                                            |
| Milk of choice                    | 1 cup    |                                                            |
| Cornstarch                        | 2 tbsp   | <a href="#">Cornstarch</a>                                 |

### **For the Dumplings**

| <b>Ingredients</b>     |       | <b>Purchase on Amazon</b>         |
|------------------------|-------|-----------------------------------|
| 100% Whole Wheat Flour | 1 cup | <a href="#">Whole wheat flour</a> |

|                          |        |                                 |
|--------------------------|--------|---------------------------------|
| Almond Meal              | ½ cup  | <a href="#">Almond meal</a>     |
| Baking Powder            | 1 tbsp | <a href="#">Baking Powder</a>   |
| Salt                     | 1 tsp  | <a href="#">Salt</a>            |
| Egg                      | 1      |                                 |
| Chicken Broth (from pot) | ⅔ cup  |                                 |
| Melted Butter            | 1 tbsp | <a href="#">Unsalted Butter</a> |

### Directions

1. Heat a large cooking pot to medium heat. Add extra virgin olive oil, garlic, and chicken to the pot.
2. Halfway through fully cooking the chicken (about 5-10 minutes), add chopped onions, mushrooms, carrots and celery. Allow to cook until onions have caramelized.
3. When chicken is cooked through and juices run clear, remove chicken. Shred with a fork and add back to pot.
4. Add broth to pot and bring to a boil.
5. Reduce heat and simmer for about 10-12 minutes.
6. For the dumplings, in a separate large bowl, whisk together whole wheat flour, almond meal, baking powder, and salt. Make a well in the flour and add egg, chicken broth, and melted butter and whisk with a fork until combined.
7. Stir milk of choice and cornstarch in a bowl, until it starts to thicken.
8. Add milk and cornstarch mixture to the pot. Stir gently.
9. Drop spoonfuls of dumpling mix into pot, cover and cook on low until dumplings are cooked through, about 5 minutes.
10. Stir spinach into pot, allowing it to wilt.
11. Evenly divide between 4 bowls.
12. Garnish with a handful of finely chopped scallions, cilantro or parsley.

### Recipe Notes:

If you want to make this dish even more nutrient dense, you can cook a whole, small chicken and make your own bone broth, and use the meat for the recipe. Bone broth is excellent for collagen production in the body, and promotes healthy hair, skin and nails!

If you need a gluten-free dumpling option, substitute whole wheat flour for arrowroot or tapioca starch.