

Slow-Cooker Chicken & Dumplings

www.RachaelRayMag.com

Servings: 8

6 (about 1-1/2 pounds) boneless/
skinless chicken breast halves, cut
into one-inch pieces
2 medium (two cups) Yukon Gold
potatoes, cut into one-inch pieces
2 cups whole baby carrots
2 stalks (one cup) celery, sliced
2 cans (10-3/4 ounce ea) condensed
cream of chicken soup
1 cup water
1 teaspoon dried thyme leaves, crushed
1/4 teaspoon ground black pepper
2 cups all-purpose baking mix
2/3 cup milk

Preparation Time: 20 minutes

Cook Time: 8 hours

Place the chicken, potatoes, carrots and celery into a six-quart slow cooker.

In a small bowl, stir the soup, water, thyme and black pepper. Pour the soup mixture over the chicken and vegetables.

Cover and cook on LOW for seven to eight hours (or on HIGH for four to five hours) or until the chicken is cooked through.

In a medium bowl, stir the baking mix and milk. Drop the batter by spoonfuls onto the chicken mixture. Increase the heat to HIGH. Tilt the lid to vent and cook for 30 minutes or until the dumplings are cooked in the center.

Per Serving (excluding unknown items): 90 Calories; 4g Fat (43.6% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 514mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	90	Vitamin B6 (mg):	trace
% Calories from Fat:	43.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	43.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	5mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	8mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	514mg
Potassium (mg):	104mg
Calcium (mg):	46mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	319IU
Vitamin A (r.e.):	37RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 90 Calories from Fat: 39

% Daily Values*

Total Fat 4g	7%
Saturated Fat 1g	7%
Cholesterol 8mg	3%
Sodium 514mg	21%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	2%
Protein 3g	
<hr/>	
Vitamin A	6%
Vitamin C	9%
Calcium	5%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.