

# Chicken and Dumplings Soup

*Publix Aprons*

*1 tablespoon unsalted butter  
1 bag (10 ounce) frozen seasoning  
blend (onions, bell peppers, celery)  
1 teaspoon garlic, minced  
2 teaspoons chicken base  
1 can (4 ounce) mushroom pieces,  
drained  
1 cup frozen carrot slices  
1 tablespoon flour  
pepper (to taste)  
1 carton (32 ounce) reduced-sodium  
chicken broth  
2 cups frozen diced chicken breast  
1 cup water  
1 box (16 ounce) gnocchi pasta  
1 tablespoon parsley flakes*

Preheat a large saucepan on medium-high for 2 to 3 minutes.

Place the butter, seasoning blend, chicken base, mushrooms and carrots into the pan. Cover. Cook for 5 minutes, stirring occasionally.

Stir in the flour and pepper. Cook for 2 minutes, stirring often.

Increase the heat to high. Stir in the broth, chicken, water, gnocchi and parsley. Cover. Bring to a boil.

Remove the lid. Continue boiling for 10 minutes, stirring occasionally.

Serve.

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Per Serving (excluding unknown items): 193 Calories; 12g Fat (53.7% calories from fat); 3g Protein; 20g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 86mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 2 1/2 Fat.