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# Aunt Clara`s Chicken and Dumplings

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1 (3 to 5 pound) stewing chicken**

**3 sprigs parsley**

**3 stalks celery with leaves**

**1 carrot, sliced**

**1 onion, sliced**

**2 teaspoons salt**

**1/2 teaspoon pepper**

**DUMPLINGS**

**1 cup milk**

**egg beaten**

**1 1/2 cups flour**

**2 heaping teaspoons baking powder**

**1 teaspoon salt**

**1 teaspoon sugar**

**3 tablespoons minced parsley or chives (optional)**

Place the chicken in a Dutch oven. Cover with water. Add the parsley, celery, carrot, onion, salt and pepper. Bring to a boil. Boil for 5 minutes. Simmer for two hours or until tender. Add more water if necessary.

Remove the chicken and vegetables from the broth. Bone the chicken or cut into serving pieces.

Make the dumplings: In a bowl, mix the milk and egg. In another bowl, sift together the flour, baking powder, salt and sugar. Combine the flour mixture with the milk mixture.

Drop the dumpling batter by tablespoonful into the boiling broth. Cover tightly and cook for 15 minutes. Do not peek.

Yield: 20 dumplings.

Add the chicken before serving.

Yield: 8 servings

## **Chicken**

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*Per Serving (excluding unknown items): 3265 Calories; 188g Fat (52.4% calories from fat); 193g Protein; 191g Carbohydrate; 16g Dietary Fiber; 821mg Cholesterol; 8266mg Sodium. Exchanges: 9 1/2 Grain(Starch); 23 1/2 Lean Meat; 5 1/2 Vegetable; 1 Non-Fat Milk; 23 Fat; 1/2 Other Carbohydrates.*