



German Chik'n & Dumpling Soup

1 can (13 ounce) FriChik, Diced Chik or Chik'n Bites
32 ounces vegetable stock
3 tablespoons McKay's Chicken Style Seasoning
2 large carrots, diced
2 stalks celery, diced
1 onion, chopped
Salt to taste
Fresh parsley

Directions: Add vegetable stock, carrots, celery, onions and seasonings to large pot. Simmer until vegetables are soft, about 20 minutes. Cut FriChik into bite-sized pieces and add to pot. Then prepare dumpling batter.

Dumplings:

1 ¼ cup flour
½ cup dairy-free milk
1 egg
2 teaspoons baking powder
½ teaspoons salt

Directions: Mix dry ingredients together. Make a well in the middle and add beaten egg. Stir just until blended.

Bring soup to a boil. Drop a teaspoonful of batter into the soup. Continue until all batter has been used. Reduce to medium heat, cover and cook for 12 minutes. Do not lift lid during this time. After 12 minutes, remove lid and pierce each dumpling with a fork to release steam. Sprinkle with fresh parsley and serve.

Submitted by N.A. of North Carolina