

## Chicken and Dumplings

1 pound boneless, skinless chicken breast, cut into bite sized-pieces  
Ground black pepper, to taste  
Mrs. Dash or salt, to taste  
1 tablespoon olive oil  
2 tablespoons butter  
1 medium potato, peeled and diced  
1 cup sliced/diced carrots  
1 cup onion, chopped  
1 rib celery, diced  
1 bay leaf  
1/2 teaspoon poultry seasoning  
1 cup frozen green peas  
2 tablespoons flour  
4 cups homemade or low-sodium chicken broth  
2 cups biscuit mix (I used Bisquick)  
2/3 cup warm water  
Handful flat-leaf parsley, chopped

Season the chicken pieces liberally with pepper and Mrs. Dash (or salt). Add the tablespoon of oil to a Dutch oven or soup pot over on the stove over medium-high heat. Cook the chicken until browned on all sides, about 5 to 7 minutes. Remove the chicken and add to a bowl, and set aside. Add the butter, all the vegetables and bay leaf, and cook another 5 to 7 minutes, stirring frequently. Season the mixture with the poultry seasoning. Add the flour to the pan and whisk for a minute or two, until a paste forms. Stir in the chicken broth, whisking more until smooth. Add the chicken and frozen peas to the pot and bring up to a boil. Turn down to a low simmer and cook for about 1/2 hour.

Add the biscuit mix to a bowl, and combine with 2/3 cup warm water and the chopped parsley. Drop tablespoonfuls of the mix into the pot, spacing dumplings evenly. Cover the pot tightly after it comes back up to a simmer. Steam the dumplings 8 to 10 minutes. Remove the cover and turn each dumpling over to let the tops cook in the broth for another 10 minutes or so. Turn off heat and let sit for 10 minutes or so to thicken more, or serve immediately if your family demands it!