THE J.M. SMUCKER Co

Chicken and Dumplings

Prep Time	Cook Time	Serves	Difficulty
15 mins	N/A	6	N/A

Ingredients

- **Chicken:**
- 1/2 cup (125 mL) **Robin Hood®** Original All Purpose Flour

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- 6 chicken pieces (breasts, legs, thighs) bone in, skin on
- 3 tbsp (45 mL) Canola or Vegetable Oil
- 8 oz (250 g) mushrooms, quartered
- 2 carrots, peeled and chopped
- 1 each red pepper, yellow pepper and green pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 cups (500 mL) tomato sauce
- 28 oz (796 mL) can pureed tomatoes
- 1 tbsp (15 mL) paprika (preferably smoked)
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) red pepper flakes
- **Dumplings:**
- 1 1/4 cups (300 mL) **Robin Hood®** Original All Purpose Flour
- 1 tbsp (15 mL) baking powder
- 1 minced garlic clove
- 1 tsp (5 mL) dried basil
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 1 egg

Directions

Step 1:

Chicken: Coat chicken with flour, shaking off excess. Discard leftover flour. In a large skillet, heat oil over medium-high heat. Add chicken in batches, and brown on all sides. Transfer to slow cooker stoneware. Place remaining ingredients over chicken, cover and cook on Low for 5 to 6 hours or on High for 3 hours, until juices run clear when chicken is pierced with a fork.

Step 2:

Dumplings: Place flour, baking powder, garlic, basil and salt in a medium sized bowl. Stir to combine. Stir milk and egg into flour mixture until moistened. When chicken has finished cooking, increase slow cooker to High. Drop dumpling mixture, by the spoonful onto hot chicken mixture. Cover and cook on High 30 to 40 minutes or until a toothpick inserted in centre of dumplings comes out clean.

Step 4:

Cook, in a Dutch oven, chicken as above. Reserve. On medium heat, add vegetables to pot. Sauté for approximately 5 to 8 minutes, until soft and fragrant. Add paprika, red pepper flakes, salt and pepper. Sauté for 30 seconds. Add remaining ingredients. Bring to a boil, cover, lower heat and simmer for 1 1/2 hours, until juices run clear when chicken is pierced with a fork. Remove lid, place dumpling mixture as above, cover and cook 30 to 40 minutes, or until a toothpick inserted in centre of dumplings comes out clean.

Images

