

(Almost) Famous Recipe of the Month

Gran-gran's Chicken and Dumplings

This is one of those “pinch of this and a sprinkle of that” recipes (i.e. it is not in the typical cookbook recipe format). You might want to read it through and then figure out how you'd like to put your own twist on it. (Don't miss the SHORTCUT at the end!)

Method 1 – takes longer, but the taste is amazing:

Day before (if you want a less “fatty” broth):

Put the following in a 5 – 7 quart stockpot:

A 3 – 3.5 lb chicken

3 bay leaves

½ - 1 t dried rosemary

2 t coarse-grind black pepper

Salt to taste for your family

Cover chicken with water and stew gently for at least one hour or until you can easily debone chicken. Remove meat, strain broth, and refrigerate overnight. Discard skin (or, if your husband grew up on a farm, save it for him). Chop and refrigerate meat. NOTE: you can make this all at the same time, but you won't be able to deglaze the broth.

Next evening:

Slice 4 carrots and 3 ribs celery. Coarsely chop 1 med onion. Sauté all in 2 T olive oil until just beginning to brown and the essence of the vegetables is released. Set aside.

Skim and discard fat from broth. Combine in same stockpot with chicken meat and vegetables. Simmer until flavors are combined, seasoning to taste with whatever makes your taste buds sing. Add the **SECRET INGREDIENT...**shhhh, read on:

Slice 1 pkg. medium **flour tortillas** into 1/2” strips with a pizza cutter. Stir into chicken mixture and continue cooking until tortillas are silky and tender. Enjoy!

Method 2 -

Same-night shortcut:

Cook 4 – 5 boneless, skinless chicken breasts until tender. (No need to deglaze the broth.) Substitute sliced frozen carrots, if desired (please, no canned veggies!) Continue with above instructions.

Coming next month: fabulous Super simple, Super delicious, Super Bowl party dip recipes that everyone will enjoy!



Previous Article: TIP of the Month

[Navigating Morningstar, Part II](#)

Next Article: January Bonus TIP

[Hatch a Bigger, Better Nest Egg](#)

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