

Chicken and Dumplings Pot Pie

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Ingredients

1 tablespoon olive oil
1 onion roughly chopped
3 celery ribs cut into $\frac{1}{2}$ inch pieces
2 crushed garlic cloves
4 boneless, skinless chicken breasts
1 32-oz. box organic chicken broth
1 teaspoon dried basil
1 bag of baby carrots
premade biscuits in the tube
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cup frozen corn
 $\frac{1}{2}$ cup frozen peas
salt and pepper to taste
2 teaspoons dried parsley

Directions

Heat oil over medium heat in large pot. Add onions and celery and cook until soft. Add garlic and cook for 1 minute. Place the uncooked, cut-up chicken in the pot, pour in the chicken broth and add enough water to completely cover the chicken. Sprinkle in the basil. Bring to a boil, then reduce heat to medium low and cook until chicken is done, approximately 20 minutes.

Meanwhile put $\frac{1}{4}$ cup flour into a large bag. Remove the biscuits from the tube and set 4 aside and tear the remaining biscuits into quarters and toss with flour in the bag. Remove the chicken and set on a plate to cool. Add carrots and bring the broth to a boil.

Preheat the oven to 350 degrees. When the broth is boiling add the dumplings, reduce heat and simmer for 10 minutes. Shred the chicken and place the remaining whole biscuits on an ungreased baking sheet and cook for 8 minutes. Add the frozen corn and peas, the shredded chicken and parsley and cook for three minutes. Add salt and pepper to taste.

To thicken add flour. Remove the biscuits from the oven. Ladle the chicken and dumplings into each pie plate and place a whole, partially cooked dumpling on top. Cook for 8 minutes or until biscuit is slightly browned on top. Serves 4 with plenty of leftovers.