

# Chicken Soup with Parmesan-Herb Dumplings

Serves 8

## **Soup:**

1 ½ lb. chicken breast, cut into ½" cubes  
1 large onion, diced  
3 cloves garlic, minced  
4 celery stalks, thinly sliced  
4 carrots, thinly sliced  
2 T. butter  
2 T. olive oil  
1 t. ground dry mustard  
1/8 t. turmeric, for color  
1 bay leaf  
8 c. low-sodium chicken stock  
Pepper, to taste

## **Dumplings:**

¾ c. all-purpose flour  
3 T. grated parmesan cheese  
1 T. fresh thyme leaves, minced  
½ t. fresh rosemary, finely minced  
½ t. salt  
¼ t. ground pepper  
¾ c. whole milk

1. In a stock pot, combine butter and olive oil over medium heat until the butter is melted. Add onion, garlic, celery and carrots and cook for 8-10 minutes, stirring occasionally.
2. Add the mustard, turmeric, bay leaf and chicken stock. Bring to a boil, then cover and reduce heat to simmer for 15 minutes.
3. Meanwhile, assemble the dumpling ingredients in a medium bowl and mix with a fork until a wet, doughy consistency.
4. Remove the soup lid, bring back to a gentle boil and add the chicken. Then use a spoon to drop scant ½ t. lumps of dough into the soup. Simmer 5 minutes, until the chicken and dumplings are cooked through. Remove the bay leaf and serve.