

# chattavore

## Chicken & Dumplings in the Slow Cooker

Serves 6

Prep time: 30 minutes

Cook Time: 5-9 hours

- 1 1/2 pounds chicken thighs, skin removed-can use boneless or bone-in
  - 1 medium onion, halved
  - 1 medium carrot, scrubbed and cut in half
  - 1 celery stalk, scrubbed and cut in half
  - 6 cups water plus 2 chicken bouillon cubes OR 6 cups chicken stock
  - 1 1/2 cups all-purpose flour
  - 1 tablespoon baking powder
  - 3/4 teaspoon salt
  - 1/4 teaspoon baking soda
  - 4 1/2 tablespoons unsalted butter, cubed
  - 3/4 cup buttermilk, cream, half-and-half, or milk
  - salt and pepper
  - Chopped parsley (optional)
1. Place the chicken, onion, carrot, celery, and chicken stock or water and bouillon cubes into a 6 quart slow cooker. Cover and cook on high for 4 hours or on low for 8 hours. Remove the chicken and the vegetables from the liquid (do NOT drain the liquid). Shred the chicken, discarding the bones if you are using bone-in chicken, and add back to the slow cooker.
  2. Stir the flour, baking powder, baking soda, and salt together in a large mixing bowl. Add the butter and work in using a pastry blender or your fingertips until the mixture resembles coarse crumbs. Use a fork to stir in the buttermilk or other liquid a little at a time until the mixture holds together but is not sticky (you may not need all of the liquid).
  3. Roll the dough out to 1/16 to 1/8 inch thickness. Cut into strips about 1 1/2 inches wide and 2 inches long. Drop the dumplings into the slow cooker and stir once. Cook on high for 1 hour. Add salt and black pepper to taste. Serve sprinkled with parsley if desired.