

Chicken and Dumpling Stew

1 cup all-purpose baking mix (Bisquick)
1/3 c milk
1 Tbs. chopped parsley (or 1/3 tsp. dried parsley)
2 tsp. olive oil
1 medium onion, chopped
1/4 tsp. thyme
Pinch nutmeg
Salt and pepper
1 pkg. (8oz) mushrooms, quartered
2 garlic cloves, minced
2 Tbs. flour
1 pkg. (32oz) chicken broth
4 chicken breasts, cut into chunks
1 bag (16oz) frozen mixed vegetables

1. Make dumpling dough: In bowl, stir together baking mix, milk, and parsley. Cover with plastic wrap and set aside.
2. Heat oil in Dutch oven over medium-high heat. Add onion, thyme, and nutmeg; add salt and pepper to taste. Cover and cook until onion is soft, about 5 minutes. Stir in flour, then add broth. Bring to a boil over medium-high heat, stirring frequently.
3. Add chicken and vegetables, and return to a boil. Drop level tablespoonfuls of dumpling dough into simmering stew. Cover and cook 15 minutes longer.

Serves 6