

# Chicken and Dumplings

*This recipe makes about 8 cups*



## Ingredients

2 cups chicken broth  
1 lb chicken breast diced  
2 tbsp freeze-dried minced onion or ½ cup fresh minced onion  
1 tbsp dried parsley  
1 ½ cups frozen peas and carrots  
2-10.5 oz cans cream of chicken soup  
1-16 oz can buttermilk biscuits-about 8 large biscuits

## Directions:

1. Cook the chicken breasts and shred. Set aside.
2. Dice the onion
3. Pour the chicken broth into the Instant Pot and add the diced chicken, minced onion, dried parsley, peas and carrots, and cream of chicken soup.
4. Stir to combine, ensuring the chicken is fully covered by the soup mixture
5. Cut the biscuits into small bite-sized pieces
6. Place them on top of the other ingredients, ensuring they are evenly spread
7. Secure the lid on the Instant Pot and select Pressure Cook (High Pressure) for 2 minutes
8. Once finished, let the pressure release naturally for 3 minutes, then perform a quick-release
9. Gently stir the mixture to ensure the biscuits are evenly distributed.
10. Add parchment paper to your trays
11. Spread the chicken and dumplings evenly onto your trays
12. Add dividers if using. We like the 10-portion setting
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 65 hours, but I did not pre-freeze)
15. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried fried chicken and dumplings to a bowl, jar, or mylar bag. Add about ¾ cup of boiling water. Cover and let it sit for 5 minutes. Repeat for 5 more minutes. Enjoy

**Notes:** The biscuits had a difficult time rehydrating. It might be better to freeze-dry the biscuits separately and then add them to the chicken mixture when you bag them or when you rehydrate.

## Nutritional Value Per 2 divider portions or about 1 ½ cups of chicken and dumplings

Calories 540 Carbohydrates 53 g Protein 35 g Fat 21 g Fiber 3 g Sugar 6 g