


Chicken and Dumpling Casserole

 Cooking time: 30 minutes

HACCP Process #2 Same Day Service

1 Cup Provides:

CACFP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, 1/8 cup Vegetables

NSLP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, 1/8 cup Other Vegetables

SFSP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, 1/8 cup Vegetables

Ingredients	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Vegetable Oil		1/4 cup + 2 Tablespoons		3/4 cup
Onions, diced	10 ounces	2 1/2 cups	1 pound 4 ounces	1 quart + 1 cup
Celery, diced	10 ounces	2 1/2 cups	1 pound 4 ounces	1 quart + 1 cup
Carrots, diced	10 ounces	2 cups	1 pound 4 ounces	1 quart
Low Sodium Chicken Broth		1 quart + 1 pint		3 quarts
All-Purpose Flour	2 ounces	1/4 cup + 2 Tablespoons	4 ounces	3/4 cup
Cooked Chicken, diced	2 pounds		4 pounds	
Frozen Peas	10 ounces	2 1/2 cups	1 pound 4 ounces	1 quart + 1 cup
Salt		1 teaspoon		2 teaspoons
Black Pepper		1 teaspoon		2 teaspoons
For Dumplings:				
Whole Wheat Flour	5 ounces	1 cup	10 ounces	2 cups
All-Purpose Flour	5 ounces	1 cup	10 ounces	2 cups
Baking Powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		1/2 teaspoon		1 teaspoon
Eggs		2 eggs		4 eggs
Nonfat or 1% Milk		2/3 cup		1 1/3 cup



continues

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Directions

1. Preheat the oven to 400° F.
2. Heat oil in a large skillet or tilt skillet over medium-high heat (350° F) and sauté onions, celery and carrots until soft.
3. Add a small amount of cool chicken broth to the flour and stir until smooth. Slowly mix in the remaining broth and pour the broth and flour mixture into the skillet. Stir over medium heat until the mixture thickens.
4. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.
CCP: Heat to 165° F or higher for at least 15 seconds.
5. Sift the flour, baking powder and salt together into a mixing bowl.
6. Add the eggs to the milk and beat until well blended. Stir into the flour until well combined.
7. Spray steamtable pans with pan-release spray. Transfer the chicken mixture to full-size 2-inch steamtable pan(s). Use one pan for 16 portions, use 2 pans for 32 portions.
8. Use a #30 scoop to drop 2 Tablespoon size portions of dough onto the chicken and vegetables, 16 dumplings per pan.
9. Bake uncovered in the preheated oven for 15 minutes or until the dumplings are golden brown.
CCP: Hold for hot service at 135° F or higher.
Serve ½ cup filling with 1 dumpling per portion.

Serving	Yield	Volume	Nutrients Per Serving					
About 1 cup	16 Servings: about 4 pounds 12 ounces 32 Servings: about 9 pounds 8 ounces	16 Servings: about 1 gallon 32 Servings: about 2 gallons	Calories	261	Sodium	469 mg	Vitamin A	3464 IU
			Total Fat	9 g	Carbohydrate	23 g	Vitamin C	6 mg
			Saturated Fat	1.8 g	Dietary Fiber	3 g	Iron	2 mg
			Cholesterol	77 mg	Protein	23 g	Calcium	110 mg