


Chicken and Dumpling Casserole

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

 Cooking time: 30 minutes

HACCP Process #2 Same Day Service

Ingredients	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Vegetable Oil		1 1/2 cups		3 cups
Onions, diced	2 pounds 8 ounces	2 quarts + 1 pint	5 pounds	1 gallon + 1 quart
Celery, diced	2 pounds 8 ounces	2 quarts + 1 pint	5 pounds	1 gallon + 1 quart
Carrots, diced	2 pounds 8 ounces	2 quarts	5 pounds	1 gallon
Low Sodium Chicken Broth		1 gallon + 2 quarts		3 gallons
All-Purpose Flour	8 ounces	1 1/2 cups	1 pound	3 cups
Cooked Chicken, diced	8 pounds		16 pounds	
Frozen Peas	2 pounds 8 ounces	2 quarts + 1 pint	5 pounds	1 gallon + 1 quart
Salt		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Black Pepper		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
For Dumplings:				
Whole Wheat Flour	1 pound 4 ounces	1 quart	2 pounds 8 ounces	2 quarts
All-Purpose Flour	1 pound 4 ounces	1 quart	2 pounds 8 ounces	2 quarts
Baking Powder		1/4 cup + 1 Tablespoon + 1 teaspoon		1/2 cup + 2 Tablespoons + 2 teaspoons
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Eggs		8 eggs		16 eggs
Nonfat or 1% Milk		2 2/3 cups		5 1/3 cups



continues

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Directions

1. Preheat the oven to 400° F.
2. Heat oil in a large 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 pans. Use 4 pans for 64 portions, use 8 pans for 128 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
About 1 cup	64 Servings: about 19 pounds	64 Servings: about 4 gallons
	128 Servings: about 38 pounds	128 Servings: about 8 gallons

Nutrients Per Serving					
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