Chicken and Dumpling Casserole

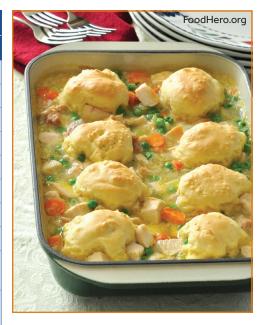
1 Cup Provides:

Cooking time: 30 minutes

HACCP Process #2 Same Day Service

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

| | 64 Servings | | 128 Servings | |
|--------------------------|-------------------|---------------------------------------|-------------------|---|
| Ingredients | Weight | Measure | Weight | Measure |
| Vegetable Oil | | 1 ½ 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 ½ 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 | | ¼ cup +1 Tablespoon +1 teaspoon | | ½ cup + 2 Tablespoons + 2 teaspoons |
| Salt | | 2 teaspoons | | 1 Tablespoon + 1 teaspoon |
| Eggs | | 8 eggs | | 16 eggs |
| Nonfat or 1% Milk | | 2⅔ cups | | 5⅓ cups |







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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 | | | | |