

Gluten-Free Chicken & Dumplings

Servings: 4 - 6

Prep time: 20 minutes

Cook time: 30 - 40 minutes

Ingredients:

For the Chicken and Broth:

- 1.5 lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- 4 cups chicken broth
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

For the Dumplings:

- 1 cup gluten-free all-purpose flour
- 1/4 cup cornstarch
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 2 tablespoons melted butter
- 1 egg

Directions:

Step 1

Make the Broth: In a large pot or Dutch oven, combine chicken, broth, carrots, celery, onion, garlic, thyme, salt, and pepper. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until chicken is cooked through.

Step 2

Make the Dumplings: In a medium bowl, whisk together gluten-free flour, cornstarch, baking powder, and salt. In a separate bowl, whisk together milk, melted butter, and egg. Gradually add the wet ingredients to the dry ingredients, whisking until just combined. Do not overmix.

Step 3

Cook the Dumplings: Drop by spoonfuls onto the simmering chicken broth. Cover and cook for 15-20 minutes, or until dumplings are cooked through and fluffy.

Step 4

Serve: Serve hot.

Tips and Variations

- **Use rotisserie chicken:** For a quicker meal, use shredded rotisserie chicken instead of cooking your own.
- **Add vegetables:** Add other vegetables such as peas, corn, or green beans to the broth.
- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce to the broth for some heat.
- **Make ahead:** The broth can be made ahead of time and stored in the refrigerator.

Important Notes

- **Gluten-Free Flour:** Use a high-quality gluten-free all-purpose flour blend that contains xanthan gum.
- **Adjustments:** You may need to adjust the amount of milk in the dumpling batter depending on the specific flour blend you use.