Chicken Dumpling Soup

Adapted from All You Magazine (Doreen Parker) and submitted by Susie of Converse, Texas, participant in Rx for Better Breast Health

Ingredients (makes 6 servings):
- 2½ pounds cut-up whole chicken, bone-in, skin removed
- 6 cups low-sodium chicken broth
- 2 cups corn kernels, defrosted if frozen
- Salt and pepper
- 2 cups all-purpose flour
- 1½ tsps baking powder
- 4 tbsps unsalted butter, at room temperature

Preparation:

1. Place chicken and broth in a large pot and bring to a boil over high heat. Reduce heat to low and simmer, covered, until chicken is cooked through, 20 to 25 minutes.

2. Turn off heat and remove chicken pieces from pot, reserving broth. When cool enough to handle, remove meat from bones and cut it into bite-size pieces. Stir chicken and corn into broth and bring to a boil over high heat. Reduce heat to low and let simmer while dumpling dough is being made. Season with salt and pepper. Cover pot.

3. In a food processor, pulse together flour, 1 ½ tsp. salt and baking powder. Add butter and pulse until mixture resembles coarse meal. Add 1-cup water and pulse until mixture forms dough. (Don’t over mix.)

4. Uncover pot and drop heaping tablespoons of batter into broth. Cover and simmer for 8 minutes or until dumplings are cooked through. Serve hot.

Chef Iverson Brownell Recommends

Add 2 tbsps chopped garlic and 4 chopped green onions!