

Chicken Stew with Parsley dumplings

This time of year comfort food totally come to my mind. This particular recipe is fast and easy to make.

Did you know that 4 ounces of chicken breast has a whopping 23 grams of protein

Tin tomatoes are a good choice this time of year.

Nutritional yeast is loaded with b vitamins

If you don't have buttermilk in the party add 1 tsp of vinegar to the milk

- 2 tbsp olive oil
- 1 heaping tbsp minced garlic
- 2 cups chopped onion
- 2 cups sliced carrots
- 1 pound boneless, skinless chicken breast, cut into bite-size pieces, about 2 cups
- 2 cups sliced mushrooms
- 2 cups frozen peas
- 4 cups chicken broth
- 1 can diced tomatoes
- ¼ cup nutritional yeast
- ¼ cup tamari sauce
- S+P to taste
- 1 cup cake and pastry flour
- ½ tsp xanthan gum
- 1 tsp egg replacer
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- ¼ cup fresh parsley chopped
- 1/4 teaspoon cayenne pepper
- 3/4 cup buttermilk
- 1 tablespoon olive oil

Directions

In a large braising pan over medium high heat, add the oil. Add the onions, carrots and mushrooms saute for 1 minute. Add the chicken and cook just until the chicken starts to brown, but is not cooked through. Add the peas, season with salt and pepper. Add the chicken broth, tamari and nutritional yeast and set pan over high heat. Bring to a boil then reduce heat let simmer 10 minutes.

Meanwhile, in a medium bowl, combine all dry ingredients including parsley. Add buttermilk and oil and stir with a fork until mixture comes together. An ice cream scoop and drop 8 golf ball size dumplings into simmering liquid. Cover pan and cook 5 minutes (no peeking!), until dumplings are puffed up and cooked through.