

Chicken and Dumplings Stew

2 or 3 chicken breasts
3-4 good sized carrots
1 medium onion chopped, or 1 tbsp dried onion flakes
2 cloves garlic, or 1/2 tsp garlic powder--or more if you like your food potently flavorful
2 stalks celery, sliced
Also add one medium potato if desired, cut up small
1 can cream of chicken soup
3 chicken bouillon cubes
1 bay leaf
dash of black pepper

Slice up raw, boneless skinless chicken breasts into 1 or 2 inch cubes and put in large pot, add all other ingredients **except** cream of chicken soup and cover with water to about 2 inches above food level. b cook over med-hi heat for 30 minutes, stirring occasionally, then add cream of chicken soup turn burner up to almost hi-heat, and when soup reaches a rolling boil, add dumplings.

Dumplings:

2 cups Bisquick
3/4 cup milk--[just enough to make barely moist]
1 tbsp dried parsley flakes

Mix together and add by large dollops over top of stew that is at a rolling boil. Cook 15 minutes uncovered, then 15 additional minutes covered with lid.