

"Chicken" & Dumplings

Serves: 4-6

Prep time: 15 minutes

Cook time: 15 minutes



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Ingredients:

*2 Cups Hearty Plant Protein Chunks

*3 Not-Chick'n Bouillon Cubes

2 tbsp. + 3 tbsp. olive oil

1 yellow onion - chopped (about 1 cup)

3 carrots - chopped (about 1 cup)

3 celery stalks - chopped (about 1 cup)

1/4 cup + 2 cups all-purpose flour

8 cups hot water

1 tbsp. baking powder

3/4 tsp. salt

1 1/2 cup almond milk (or milk of choice)

1 tbsp. nutritional yeast (optional for a richer flavor)

1 cup frozen peas

Directions:

- 1) In a stock pot, heat 2 tbsp. oil over medium heat and sauté the onion, carrots, and celery until the onion begins to turn translucent (3-5 minutes).
- 2) Reduce the heat to low, then sprinkle 1/4 cup flour over the veggies, stir well, and continue to cook, stirring frequently, until evenly coated (1-2 minutes).
- 3) Stir in the water and the Not Chick'n Bouillon cubes, mix well, and bring the mixture to a boil. Stir frequently to dissolve bouillon cubes. Move onto the next steps while the mixture comes to a boil.
- 4) In a large bowl, mix together 2 cups flour, baking powder, 3/4 tsp. salt, and nutritional yeast.
- 5) Mix in the milk and 3 tbsp. olive oil, and stir just until the mixture comes together to form a thick batter.
- 6) Into the pot of boiling soup, stir-in the Hearty Plant Protein Chunks and the peas, and bring back to a boil.
- 7) Drop spoon-fulls of the dumpling batter into the soup until all of the batter is used. They do not need to submerge.
- 8) Put a lid on the pot, turn the heat to low, and simmer until the dumplings are cooked through (12-15 minutes).

Serving suggestions:

- Side Dishes:
 - o Tossed Green Salad



INGREDIENTS



STEP 2



STEP 7



SERVED

*Available on [FakeMeats.com](https://www.fakemeats.com)

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