



THE
ULTIMATE
CROCK-POT
CHALLENGE

WEEKLY WINNER

RAYETTE
MUNGAVEN

CROCK-POT
CHICKEN &
DUMPLINGS

INGREDIENTS

- 1 MEDIUM ONION, CHOPPED
- 1 1/4 LBS. BONELESS, SKINLESS CHICKEN BREAST
- 1 TSP DRIED OREGANO
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 (10.5 OZ) CANS CREAM OF CHICKEN SOUP
- 2 CUPS LOW-SODIUM CHICKEN BROTH
- 4 SPRIGS FRESH THYME
- 1 BAY LEAF
- 2 STALKS CELERY, CHOPPED
- 2 LG CARROTS, PEELED AND CHOPPED
- 1 CUP FROZEN PEAS
- 3 CLOVES GARLIC, MINCED
- 1 (16.3 OZ) CAN REFRIGERATED BISCUITS

COOKING INSTRUCTIONS

1. SCATTER ONION IN THE BOTTOM OF A LARGE SLOW COOKER. TOP WITH CHICKEN. SEASON CHICKEN WITH OREGANO, SALT & PEPPER.
2. POUR SOUP AND BROTH OVER CHICKEN, ADD THYME AND BAY LEAF. COVER AND COOK ON HIGH UNTIL CHICKEN IS COOKED THROUGH, ABOUT 3 HOURS.
3. REMOVE THYME AND BAY LEAF. SHRED CHICKEN WITH TWO FORKS. STIR IN VEGETABLES AND GARLIC. CUT OR TEAR BISCUIT DOUGH INTO SMALL BITE-SIZED PIECES AND STIR INTO MIXTURE. SPOON LIQUID OVER ANY BISCUITS AT THE TOP.
4. COOK ON HIGH UNTIL VEGETABLES ARE TENDER AND BISCUITS ARE COOKED THROUGH, STIRRING EVERY 30 MINUTES, APPROXIMATELY 2 HOURS MORE.