

Low-Carb Chicken and Dumplings



Serves 6

Ingredients:

For soup:

- 3- $\frac{1}{2}$ cups chicken stock
- 1- $\frac{1}{2}$ cups water
- 2 tablespoons butter
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{4}$ cup finely chopped carrot
- $\frac{1}{2}$ cup finely chopped celery
- 1 clove garlic, minced

- 1 pinch of sage
- salt and pepper to taste
- 2 large boneless, skinless chicken breasts, cut into bite sized pieces

For dumplings:

- 2 eggs
- 1 teaspoon salt
- 1-¹/₂ teaspoons black pepper
- 1 teaspoon paprika
- 1 cup almond flour

Instructions:

1. Begin by preparing the dumpling dough. Beat the eggs until fluffy.
2. Add the spices and almond flour.
3. Chill the dough by placing in the freezer for 30 minutes or the refrigerator for an hour or two. This will make forming the dough easier.
4. Add all soup ingredients except chicken to a large pot and allow to boil until onions, carrots and celery are semi-soft.
5. Add diced chicken and boil an additional 10 minutes.
6. Remove dumpling dough from freezer or refrigerator and form into 2-tablespoon balls. Add into the bubbling broth, keeping dough balls separate in the broth until each rises and "forms." Once all dough is into broth, cook an additional 5 minutes.



Nutrition per serving: Calories 242; Total Fat 16.9 g; Saturated Fat 4.1 g; Monounsaturated Fat 8.2 g; Polyunsaturated Fat: 3.0 g; Total Carbohydrates 6.6 g; Dietary Fiber 2.3 g; Sugar Alcohols 0.1 g; Sugars 5.0 g; Protein 17.4 g; Sodium 1049 mg