

Dutch Oven Chicken and Dumplings

This Dutch oven chicken and dumplings is a true comfort classic, made with tender shredded chicken, a rich savory broth, and soft, Southern-style flat dumplings. Everything comes together in one pot in about an hour, making it a hearty, satisfying meal that's just as perfect for weeknights as it is for slow, cozy weekends.



5 from 11 votes

Prep Time 10 mins	Cook Time 40 mins	Total Time 50 mins
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Course: Main Course Cuisine: American Servings: 8 people Calories: 295kcal
Author: Ned Adams

Equipment

- 5 quart Dutch Oven or larger

Ingredients

Base

- 2 tablespoon extra virgin olive oil
- 1 cup onion finely diced; one small onion
- 1 cup carrots finely diced; about 3 carrots
- 1 cup celery finely diced, about 3 ribs
- ½ teaspoon granulated garlic fresh; minced
- 2 teaspoon ground thyme
- ½ teaspoon salt
- ½ teaspoon pepper
- 48 oz chicken broth

Dumplings

- 2 cups all purpose flour
- ½ tablespoon salt
- ½ cup whole milk
- 2 tablespoon butter COLD; cubed

Finish

- ½ cup flour
- 4 cups chicken cooked; cubed/shredded
- ¼ cup fresh parsley chopped

Instructions

1. In a 5 quart Dutch oven heat olive oil over medium high heat; cook onion, carrot, and celery.

2. Add all the seasonings. Continue to sauté and stir until everything becomes fragrant.
3. Pour in the broth and bring to a boil. Allow to simmer away at a low boil for at least 5 minutes.
4. While the broth comes to a boil, combine the flour, salt, milk, and butter to a medium bowl to make a dough.
5. Use a pasty cutter to form the dough. It needs to be sticky or tacky to the touch.
6. On a lightly floured surface, roll out the dough to between $\frac{1}{8}$ " to no more than $\frac{1}{4}$ " in thickness and cut 1 x 3 inch pieces.
7. Drop the dumplings into the boiling broth. As they drop, give them a quick yet GENTLE stir to prevent them from directly sticking to the bottom of the pan.
8. Cook for 15 at a roiling boil then reduce heat to low and allow to simmer an additional 15 minutes.
9. Remove a couple of cups of hot broth from the Dutch oven and in a large bowl, whisk in the reserved flour into the broth. Once combined, stir the roux into the pot.
10. Add the chicken and fresh parsley. Stir well and allow the chicken to warm through; 2-3 minutes. Serve and enjoy.

Notes

- **Mix gently** — Stir the dough just until it comes together and no dry flour remains. Overmixing develops gluten and can make the dumplings tough instead of tender. If your flour is clumpy, whisk it first so it blends easily.
- **Keep the butter cold** — Use cold butter when making the dough to keep the dumplings light and soft. Warm butter can lead to a denser, chewier texture.
- **Roll to the right thickness** — Aim for about the thickness of three stacked flour tortillas so the dumplings cook through while staying tender and sturdy.
- **Watch for the float** — Dumplings will sink at first, so give them a quick stir to prevent sticking, then leave them undisturbed. Once they float to the surface, they're cooked and ready.

Nutrition

Calories: 295kcal | Carbohydrates: 36g | Protein: 11g | Fat: 12g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Trans Fat: 0.1g | Cholesterol: 33mg | Sodium: 1284mg | Potassium: 277mg | Fiber: 2g | Sugar: 3g | Vitamin A: 3052IU | Vitamin C: 6mg | Calcium: 59mg | Iron: 3mg

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