

Chicken and Dumpling Stew

1 broiler-fryer (3 pounds) cut up
1/2 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
3 tablespoons vegetable oil
1 tablespoon butter (you may omit, if you want)
1 medium size onion, sliced
1 clove garlic, minced
1 can (13 3/4 ounces) chicken broth
2 cups water

1 large rib celery, sliced (1/2 cup)
1/2 teaspoon salt
1/4 teaspoon pepper
1 package (10 ounces) frozen mixed vegetables

Dumplings:

1 cup buttermilk baking mix
1 1/2 tablespoons chopped parsley
1 1/2 tablespoons Rosemary, crumbled
1/3 cup milk

Shake chicken with flour, salt and pepper in a plastic bag until thoroughly coated.

Saute chicken in oil and butter in a large kettle or Dutch oven until lightly browned, about 5 minutes on each side. Add onion and garlic, saute for 3 minutes.

Stir in chicken broth and water, add celery, salt and pepper. Bring to a boil. Lower heat, cover, simmer for 15 minutes or until chicken is almost tender.

Meanwhile make dumplings. Combine buttermilk baking mix, parsley, Rosemary (you may omit, if you don't like Rosemary) in a medium-sized bowl. Stir in milk until well blended.

Uncover stew, bring back to a boil. Add mixed vegetables. Drop dumplings about 1 inch in diameter from a wet teaspoon on top of the boiling stew. Dumplings will expand. Cook uncovered, 5 minutes. Cover and cook 5 minutes longer or until dumplings are firm.

Ladle broth, chicken and dumpling into bowls.