

# Heritage Recipes

You can share old family recipes and traditions

## Short Cut Chicken 'N' Dumplin's

From Sonja

This recipe for chicken and dumplings was given, or rather demonstrated, to me by a roommate named Jean (nickname Cookie) when I lived in the YWCA in Shreveport, Louisiana back in the 1960s. There was only one apartment-sized four-burner stove to serve two floors of suites rented by young, single working girls. If we cooked a hot meal, it had to be something that could be made quickly. In my opinion, this tastes almost as good as the chicken and dumplings made from scratch. Recently, I shared this recipe with a cousin, who e-mailed me that it tasted just as good if made from soft tortillas cut up in strips to use in the place of canned biscuits, if you enjoy a Tex-Mex flair to your cooking.

### Short Cut Chicken 'N' Dumplin's

1 can chicken broth  
1 large can refrigerated biscuits  
1 8-oz. can chicken meat or 1 cup coarsely diced cooked chicken (optional)  
1/2 cup half and half or undiluted evaporated milk  
salt to taste  
1/4 tsp. black pepper

In saucepan, bring chicken broth to boil. Add salt to taste and pepper. If canned chicken meat is used, break up and flake meat with fork and add to boiling broth. (If home cooked, diced chicken is used, simply add to broth.) Open can of biscuits. Pinch each biscuit roughly into quarters. Flatten each quarter and drop into boiling broth. Reduce heat and simmer about 4 to 5 minutes. Just before removing from heat, stir in the 1/2 cup half and half or undiluted evaporated milk. Serves 3 to 4 people.

Some people prefer this recipe without the addition of the chicken meat. Use the buttermilk canned biscuit in preference to the regular flavored canned biscuit for a more Southern homemade flavor to the dish.

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