

Chicken and Dumplings

Meat Recipe Suggestion
Serves: 8

4 Cups Cooked Chunked Chicken
2 tablespoons oil
1 Cup chopped onions
½ gallon chicken broth
Salt and Pepper to taste
1 Cup Carrots, chopped
1 Cup Celery, chopped
12 buttermilk biscuit dough
¼ cup flour



1. In a medium pot, add oil and heat over medium heat. When oil is hot, add chopped vegetables and sauté until onions are translucent. Add flour and cook for 1 minute.
2. Add broth and bring to a simmer, cook till carrots are soft.
3. With a knife, cut each biscuit into 4 "pie" pieces. Set aside.
4. With the stew still simmering over low heat, stir in dumplings a few at a time.
5. Once all dumplings are all in the pot, cover with a tight fitting lid and cook for 10 minutes.
6. Ladle into bowls and serve piping hot.

Chef's Recipe of the Week

Sysco San Francisco Inc

Chicken and Dumplings

Serves - 8 for \$39.92

	Plate/Serving	Total	%
Price:	\$4.99	\$39.92	
Cost:	\$0.69	\$5.51	13.81
Profit:	\$4.30	\$34.41	86.19

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	Cost
1647353		CHICKEN FAJ BRST STRIP PRCK	SYS CLS	1	2.00	CP	\$0.27	\$0.55
1390970		CARROT WHL FRESH	PACKER	2	1.50	CP	\$0.04	\$0.06
1303627		ONION WHITE JUMBO FRESH	PACKER	3	1.50	CP	\$0.04	\$0.06
1120625		CELERY FRESH	SYS IMP	4	1.25	CP	\$0.03	\$0.04
5673902		BROTH CHICKEN CON BAG IN BOX	SC INTL	5	1.00	LT	\$2.12	\$2.12
1833359		DOUGH BISCUIT HOMESTYLE	RICHS	6	12.00	EA	\$0.22	\$2.68