



Chicken and Dumplings

ingredients | Classic (Family)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Grilled Seasoned Chicken | ½ cup (1)

Veggie Mix

Celery | 2 Tbsp. (¼ cup)

Carrots | ¼ cup (½)

Onion Slices | 2 ½ Tbsp. (⅓ cup)

Seasoning Blend

Chicken Bouillon | 1 tsp. (2)

Parsley | 1 Tbsp. (2)

Velouté Sauce Mix | 1 Tbsp. + 1 tsp.
(2 ½ Tbsp.)

Thrive Dumpling Blend*

*Making this a second time from scratch? Use any biscuit dough of your choice!

grab from your pantry

Butter, Melted | 2 Tbsp. (¼ cup)

20 minutes

AS PREPARED

190 CALS / FATS 8G / PROTEIN 8G / SODIUM 780MG

What's on the Box?

Check your box for the **CLASSIC** or **FAMILY** icon. Family measurements are in *orange*.

kitchen gadgets: Medium bowl, large sauce pot
pot



See note above! In a large sauce pot, combine 3 ½ (6 ½) cups **water**, **grilled seasoned chicken**, **veggie mix**, **onion slices**, and **seasoning blend**. Bring to a simmer.



While the soup is coming to a simmer, in a medium bowl, mix together **dumpling blend**, 2 Tbsp. (¼ cup) **melted butter** and 2 Tbsp. (¼ cup) **water** to form a wet biscuit-like dough.



Stir soup well, and then scoop 2 inch dumplings by the spoonful into simmering soup. Dumplings will float to the top of the soup. Once all dumplings have been added, cover with a lid and simmer for about 10-12 minutes on low heat.



Let rest for 2-3 minutes with lid on. Dumplings should be cooked all the way through when done. Salt and pepper to taste and serve!

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Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Chicken and Dumplings

CLASSIC

Nutrition Facts

3.5 servings per container

Serving size 1 cup (37g)

Amount per serving
Calories **130**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 780mg **34%**

Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 8g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 222mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken and Dumplings

FAMILY

Nutrition Facts

7 servings per container

Serving size 1 cup (37g)

Amount per serving
Calories **130**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 780mg **34%**

Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 8g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 222mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: THRIVE DUMPLING MIX (UNBLEACHED WHITE FLOUR [ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES], BUTTERMILK AND WHEY SOLIDS, BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SUGAR, SALT), **FREEZE DRIED GRILLED SEASONED CHICKEN BREAST STRIPS WITH RIB MEAT*** (CHICKEN BREAST WITH RIB MEAT, SALT, POTATO STARCH, ONION AND GARLIC POWDER, SPICE), **CARROTS, THRIVE VELOUTÉ SAUCE MIX** (MALTODEXTRIN, MODIFIED FOOD STARCH, CREAM, WHEY, SALT, CHICKEN FLAVOR, ONION POWDER, CARROT POWDER, CHICKEN FAT, SUGAR, NONFAT MILK, DEXTROSE, GARLIC, SPICES, CHICKEN STOCK, CITRIC ACID), **THRIVE CHICKEN BOUILLON** (SALT, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, ONION POWDER, GARLIC POWDER, CELERY POWDER, CARROT POWDER, TURMERIC EXTRACT, SPICE), **ONIONS***, **CELERY***, **PARSLEY***.

CONTAINS: MILK, WHEAT

*FREEZE DRIED

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Made in the USA

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