

Chicken and Dumplings

ingredients | Classic (Family)

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

grab from your pantry

Butter, Melted 2 Tbsp. (1/4 cup)

grab from your box

Grilled Seasoned Chicken | ½ cup (1)

Veggie Mix

Celery 2 Tbsp. (1/4 cup)

Carrots | ½ cup (½)

Onion Slices | 2 ½ Tbsp. (½ 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!

20 minutes

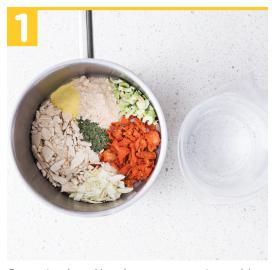
AS PREPARED 190 CALS / FATS 8G / PROTEIN 8G / SODIUM 780MG

THRIVE LIFE

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



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!



Wasn't that simple?
Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.





Chicken and **Dumplings**

CLASSIC

Chicken and **Dumplings**

Nutrition **Facts**

3.5 servings per container Serving size 1 cup (37g)

Amount per serving

Calories % Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3% Trans Fat Og

Cholesterol 15mg 5% Sodium 780mg 34%

8% **Total Carbohydrate 21g**

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 8g

0% Vitamin D Omcg

Calcium 49mg 4% 6% Iron 1mg 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

Nutrition

Serving size

Amount per serving

7 servings per container

Calories

1 cup (37g)

% Daily Value*

5%

8%

4%

2%

0%

34%

Total Fat 1.5g 2% Saturated Fat 0.5g 3%

Trans Fat Og

Vitamin D Omcg

general nutrition advice.

Cholesterol 15mg

Sodium 780mg

Total Carbohydrate 21g Dietary Fiber 1g Total Sugars 4g

Includes 1g Added Sugars **Protein 8g**

Calcium 49mg 4% 6% Iron 1mg 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 PYROPHOS-PHATE, 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, MALTODEX-TRIN, NATURAL FLAVOR, YEAST EXTRACT, ONION

POWDER, GARLIC POWDER, CELERY POWDER, CARROT POWDER, TURMERIC EXTRACT, SPICE), ONIONS*, CELERY*, PARSLEY*.

CONTAINS: MILK, WHEAT

*FREEZE DRIED

Distributed by: Thrive Life® 691 South Auto Mall Drive.

American Fork, Utah 84003. Made in the USA

rican