

## CHICKEN & DUMPLINGS DELIGHT

- 1 medium onion, chopped
- 1 large carrot, sliced
- 1 stalk celery
- 2½ Tbsp. Better Than Bouillon No Chicken Base\* (BTB)
- 9 cups water
- ½ tsp. thyme
- 2 bay leaves
- ½ tsp. basil
- 2 cups soy curls\*
- ½ cup petite peas

1. In a large saucepan, heat 2 Tbsp. of oil, sauté onion, carrot, celery, and 2½ Tbsp. of BTB until onions are translucent.
2. Add 4 cups water, ½ tsp. thyme, and 2 bay leaves; bring to a boil.
3. Reduce heat and add 2 cups of soy curls; simmer for 10 minutes.
4. Add additional 5 cups water and 1 Tbsp. BTB; return to boil. Add dumplings, ½ cup petite peas; reduce heat to a slow boil until the dumplings are cooked, about 20 minutes.

### *Dumplings:*

- 1½ cups unbleached flour
- 1 tsp. sea salt
- 5 Tbsp. Earth Balance Margarine, cold
- ⅓ cup soy milk

1. Combine flour and salt in a food processor and process for a few seconds.
2. Add 6 tablespoons margarine; mix well. Add ⅓ cup soy milk and process until dough comes together. Flour surface and roll out dough and cut in desired size. Set aside to dry for at least an hour.

Note: If unable to find Better Than Bouillon No Chicken Base (BTB), use McKay's Chicken Style Seasoning\* instead.