

Crock Pot Chicken & Dumplings

POINTS® Value: 4

Servings: 8

Ingredients

16 oz uncooked boneless, skinless chicken breast

2 cans 98% Fat Free Cream of Chicken Soup

1 cup onion(s), finely diced

10 oz package lower-fat refrigerated biscuit dough

3 cup frozen mixed vegetables

Instructions

Place the chicken, soup, and onion in a slow cooker, and fill with enough water to cover. Cover the slow cooker, and cook for 5 to 6 hours on high. Tear each biscuit into 6-8 pieces. About 30 minutes before serving, stir in frozen mixed vegetables. Place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.

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