



Skillet Chicken Pot Pie

Diabetes Self Management August 2015

Ingredients (Serves 6)

- 1 can (10-3/4 ounces) fat-free reduced sodium cream of chicken soup, undiluted
- 1-1/4 cup skim milk, divided
- 1 package (10 ounces) frozen mixed vegetables
- 2 cups diced cooked chicken
- 1 cup buttermilk biscuit baking mix

Directions

1. Combine soup, 1 cup milk, vegetables, chicken and ½ teaspoon pepper in a medium skillet. Bring to boil over medium heat.
1. Meanwhile, combine biscuit mix and remaining ¼ cup milk in a small bowl, just until soft batter forms.
1. Drop 6 tablespoons of batter over chicken mixture; cover and simmer 12 minutes or until dumplings are cooked through, spooning liquid over dumplings once or twice during cooking.