

# Chicken Paprika's with Dumplings

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2	small	chicken - cut in to 8 pieces	4	large	eggs
1	large	onion, minced	1	cup	flour
2	tsp.	Hungarian paprika	1	Tab	unsalted butter
1	cups	chicken broth	1 1/2	cup	milk
1/2	cup	sour cream	1	med	tomato peeled and cut into chunks
1	each	bay leaves	1	large	green bell pepper seeded and sliced
1 1/4	tsp.	cayenne pepper			Salt and black pepper to taste

- 1 Cut up and season both sides of chicken pieces with salt and pepper and let sit while you sauté the onions.
- 2 Place the butter and chopped onion in a big pot. Cook over medium/high heat until translucent, lower the heat, and add the paprika, mix well. (Careful not to burn the paprika)
- 3 Put chicken parts in the pot and brown slightly with the onion and paprika mixture.
- 4 Add bay leaves, garlic, cayenne pepper and broth to almost cover the chicken.
- 5 Bring to a boil, cover and simmer for 25 -30 minutes.
- 6 When the chicken is done, remove the chicken pieces to a plate to cool,
- 7 Using a spoon, draw some of the chicken sauce into a small bowl and slowly mix the sour cream and 1 1/4 tbsp. flour.
- 8 Stirring constantly incorporate the mixture into the broth (there should be no flour or sour cream chunks in the mixture).

## FOR THE DUMPLINGS:

- 9 Set a large pot of water on to boil for the dumplings.
- 10 Combine eggs, milk, water, flour, and salt and mix together to form dough.
- 11 When water is boiling scrape the dough into the water a spoonful at a time.
- 12 Occasionally dip the spoon onto the boiling water so the dough will not stick to the spoon.
- 13 Raise heat and boil dumplings for about 7 minutes. When they rise to the surface they are done.
- 14 Drain the water from the dumplings.
- 15 Serve up the dumplings and pour sauce over them. Serve with the whole chicken pieces.

Degree of Difficulty: **Easy**

## Cooking Times

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Preparation Time: 30 minutes  
Cooking Time: 2 hours  
Total Time: 2 hours and 30 minutes  
Nutrition  
Facts



Serving size: 1/4 of a recipe (28.4 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet. Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	822.32
Calories from Fat (49%)	400.97
% Daily Value	
Total Fat 44.89g	<b>69%</b>
Saturated Fat 17.74g	<b>89%</b>
Cholesterol 405.1mg	<b>135%</b>
Sodium 609.43mg	<b>25%</b>
Potassium 1383.79mg	<b>40%</b>
Total Carbohydrates 50.7g	<b>17%</b>
Fiber 4.07g	<b>16%</b>
Sugar 22.42g	
Protein 52.94g	<b>106%</b>