



Chicken 'N' Dumplings

- 1 bag (72 ct.) Mrs. T's ® Pierogies
- 4 (8 oz.) bags frozen mixed vegetables
- 2 lbs. cooked diced chicken
- 6 to 8 cups chicken gravy

Place all ingredients into baking pan, place in steamer for 15 to 17 minutes or until desired temperature is reached.

Optional: Place pierogies in boiling water until hot, 5 to 6 minutes. Heat vegetables, chicken, & gravy to desired temperature. Place all into a large container and mix gently to combine.



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Serving Size: 3 Mrs. T's CN Pierogies with chicken, vegetables, & gravy
(Quantity) Yield: 24 servings

Nutrients per serving

- 280 calories
- 13 g protein
- 33 g carbohydrates
- 2 g fiber
- 102 calories from fat
- 42 calories from saturated fat
- 35 mg cholesterol
- 790 mg sodium
- 108 RE vitamin A
- 5.36 vitamin C
- 94.85 mg calcium
- 1.7 mg iron



Any substitution or omission of ingredients will change the above nutritionals.

