

**Vegan ChikN and Dumpling Soup**

**Servings:**                    4 Servings

**Prep Time:**                  5 minutes

**Cook Time:**                 30 minutes

**Total Time**:                  40 minutes

**Equipment Needed**: Pot, Knife, Measuring Utensils

**Ingredients:**

3 Tablespoon                 Extra Virgin Olive Oil

1 Can                             Jackfruit, torn by fork OR Chickpeas OR TVP

1 Medium                       Onion, chopped

2                                     Celery Stalks, chopped, washed

1 or 2                              Carrots, chopped, washed

4                                     Garlic Cloves, crushed

4                                     Bay Leaves

1/2 teaspoon                  Salt

1 teaspoons                   Italian Seasoning

1 teaspoon                     Thyme, dried

2 Tablespoons               Nutritional Yeast Flakes

2 Tablespoons               Flour

1 teaspoon                     Bragg's Liquid Aminos OR Coconut Aminos

1/2 Cup                          Nut Milk

4 Cups                           Vegetable Broth

**Directions**:

1. Pour olive oil into pot on Medium Heat (5 out of 10). Once hot, add Onions and Shredded Jackfruit, cook 5 minutes.

2. Add Carrots and Celery, stir.

3. Add Seasonings, and Flour.

4. Add Vegetable Broth and stir (the color of the broth will become slightly yellow due to the flour and Nutritional Yeast Flakes. Cook 10 minutes on Medium Heat (5 out of 10).

5. Add pieces of biscuits, 1 teaspoon at a time until all pieces are in the soup. Cook additional 10 minutes.

6. Eat and Enjoy when cool.