

Turkey Vegetable Stew with Brown Rice Dressing Dumplings



- 10 to 12 pound turkey carcass
- 1 cup chopped onion
- 2 teaspoons dried garlic
- 1/2 teaspoon salt
- 2 gluten-free chicken-flavored bouillon cubes
- 4 to 5 medium carrots, peeled and sliced
- 3 ribs celery, sliced
- 1/4 pound fresh green beans, snapped in 1 inch pieces
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 3 cups leftover giblet stock
- 2 cups leftover turkey gravy
- 6 tablespoons tapioca flour
- 1/4 teaspoon xanthan gum
- Pinch of salt
- 2 eggs, beaten
- 2 cups leftover Brown Rice Turkey Dressing
- 1 to 2 sliced green onions

In a large stockpot, combine turkey carcass, onion, garlic, salt, bouillon cubes, and enough water to cover carcass. Bring the mixture to a boil. Reduce heat to medium-low and cook for 2 hours. Remove and debone carcass. Strain and reserve liquid. Return meat, onion, and liquid to stockpot.

Add carrots, celery, green beans, parsley, cilantro, and giblet stock to stockpot. Bring to a boil. Reduce heat to low and simmer for 45 minutes, or until carrots are tender.

Return pot to a boil and add leftover gravy, stirring until mixture reaches desired consistency.

Meanwhile, combine tapioca flour, xanthan gum, salt, and eggs in a medium bowl. Mix well. Add Brown Rice Turkey Dressing and mix well.

Scoop and drop dumplings by tablespoonfuls into boiling stew. Cook dumplings over a medium boil for 15 minutes. Gently stir dumplings, flipping every few minutes to thoroughly cook. Serve warm. Garnish with green onions.

Cook's Note: If you are not following a gluten-free diet, you may substitute wheat flour for tapioca flour and omit xanthan gum.