

Turkey and Dumplings:

TIME: Prep: 30 min. Cook: 45 minutes. MAKES: 3-4 servings

Ingredients

Stew:

1 ½ lbs cooked turkey meat
32oz chicken broth (canned, boxed or from bullion)
1 ½ cup chopped carrots
1 cup chopped celery
2-3 bay leaves
Salt to taste
1 tsp ground pepper

Dumplings:

1 cup all-purpose flour
2 tsp baking powder
1 tsp white sugar
½ tsp salt
1 Tbsp. Parsley flakes
1 Tbsp. Margarine or butter
½ cup Milk

Directions

Shred or cube the turkey meat. In a medium pot, put the broth, turkey, carrots and celery. Add the salt and pepper and stir until mixed. Add the bay leaves on top, try not to stir around the bay leaves too much as you will want to remove them later, if you stir too hard you will break them up in the soup. Heat over medium-high heat to a gentle boil and reduce heat to a simmer, cover and simmer for 15 to 20 minutes. Carefully remove the bay leaves with a slotted spoon or fork.

In a bowl, combine the dry ingredients for the dumplings. Mix in the margarine until crumbly, add milk and stir into a soft dough. Bring the soup to a boil and drop in the dough by spoonful on top of the soup, try to evenly cover the top of the soup. Boil, covered, for 15 minutes. Remove from heat and let cool slightly, the dumplings should be puffy and moist and have soaked up most of the broth so the soup should be a very thick stew at this point. Serve by scooping dumplings into bowls and ladling the stew on top.