

# Turkey and Dumplings

Yield: 8 min  
Total Time: 300 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-and-herbed-cornmeal-dumplings-recipe>

## Ingredients:

- leftover turkey carcass/bones
- 1 onion coarsely chopped
- 2 carrots coarsely chopped
- 1 stalk celery coarsely chopped
- 1 bunch herbs like rosemary, thyme, sage and parsley
- water
- 2 tablespoons butter
- 1/2 cup chopped carrots
- 1 onion medium, chopped
- 1 clove minced garlic
- 2 tablespoons all-purpose flour
- 4 cups turkey or chicken stock/broth , homemade or store-bought ,1 quart, about 1 liter
- 1 cup apple cider or juice
- 1 1/2 cups chopped potatoes
- 1 teaspoon coarse salt
- 1/2 teaspoon black pepper
- 1 teaspoon fresh thyme
- 3 cups cooked turkey shredded
- 1/2 cup milk or cream
- 1 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon coarse salt
- 1 1/4 cups buttermilk

## Nutrition:

1. Calories: 410 calories

2. Carbohydrate: 42 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 4 grams
8. Sodium: 880 milligrams
9. Sugar: 9 grams

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