



Marjie C. Andrejciw, MT (ASCP), MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Marjie's GF Turkey Stuffing Mix

Makes 12 - 1/2 cup servings

Ingredients:

Stock (prepare the night before):

8 cups water
Giblets from turkey (heart, gizzard, liver, and neck)
1 piece kombu (optional)
1 tsp raw apple cider vinegar
Few sprinkles Ume Plum vinegar (optional)
Sea salt

Stuffing:

~ 9 cups of GF dried bread cubes or croutons
3/4 cup palm oil (Spectrum Shortening – can use the butter flavored version)
2 - 3 large celery stalks, chopped
1 cup finely chopped onion
1 minced garlic clove
1 cup coarsely chopped pecans or walnuts
1 cup coarsely chopped dried cranberries or cherries
~ 3/4 cup neck meat and giblets chopped (from stock preparation)
1 tsp dried poultry seasoning (may use fresh herbs if desired)
Sea salt

Directions:

Stock:

1. Place all ingredients into a stock pan (or slow cooker) and simmer for 6 – 8 hours. Strain and put liquid stock into refrigerator until you are ready to prepare stuffing. Pull the meat from the neck bones and keep some of the gizzards for the stuffing.

Stuffing:

1. Melt palm oil in Dutch oven over medium heat. Sauté celery, onion, and garlic until softened. Remove from heat.
2. Blend in remaining stuffing ingredients.
3. Add in small amounts of stock until you have the desired consistency. If your stuffing is too dry it will dry out your turkey.
4. Stuff turkey just prior to cooking and ensure that the center of the stuffing reaches 165° F before serving.