

Gluten is a protein found in wheat, barley, rye and products made from these grains. Approximately 6% of the population is affected by gluten intolerance with 30% having a risk of developing the condition.

Gluten-Free Stuffing

Ingredients

For the Bread:

- 1 cup warm water
- 1 1/2 tablespoons instant dry yeast
- 3 eggs
- 1/4 cup brown sugar
- 1 cup tapioca flour
- 1/2 cup potato starch
- 1 cup white rice flour
- 2 teaspoons xanthan gum
- 1 teaspoon baking powder
- 1 teaspoon salt

For the Stuffing:

- 6 cups dry bread cubes
- A few tablespoons olive oil or butter
- 2 teaspoons minced garlic
- 1 cup chopped yellow onion
- 1 cup chopped celery
- 2 teaspoons Italian seasoning
- 3 cups chicken stock
- 1 egg, slightly beaten



Instructions

FOR THE BREAD

1. Combine the water and yeast. Let it sit for a couple minutes.
2. Add the eggs, brown sugar, tapioca flour, potato starch, 1/2 cup of the white rice flour, the xanthan gum, baking powder, and salt. Stir until smooth. Add the remaining 1/2 cup of rice flour and stir to combine.
3. Plop it on a greased baking sheet and allow to rise for about 30 minutes. Bake at 350°F for about 45 minutes.
4. Chop into cubes and Cook at 200°F until dry.

FOR THE STUFFING

1. Sauté the garlic, onion, and celery. Add the bread and seasoning.
2. Add the chicken stock and egg and mix just until combined (don't over mix).
3. Pour into a greased baking dish and bake for about 30 minutes at 350°F or until the top is toasty.

Source: http://www.yammiesglutenfreedom.com/2013/11/gluten-free-stuffing.html#_a5y_p=1071948