



Gluten-Free Stuffing

Gluten-Free Dishes

Source: www.yammiesglutenfreedom.com/2013/11/gluten-free-stuffing...



PREP TIME:

30 MINS



COOKING TIME:

75 MINS

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.

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.

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

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