

## Chicken

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# Turkey Dumpling Stew

Taste of Home One-Dish Meals

**Servings: 6**

**4 strips bacon, diced**  
**1 1/2 pounds turkey breast tenderloins, cut into 1-inch pieces**  
**4 medium carrots, cut into 1-inch pieces**  
**2 cups water, divided**  
**1 can (14 1/2 oz) reduced-sodium chicken broth**  
**2 small onions, quartered**  
**2 ribs celery, cut into 1/2-inch pieces**  
**1/4 teaspoon dried rosemary, crushed**  
**1 bay leaf**  
**3 tablespoons all-purpose flour**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 cup baking mix**  
**1/3 cup plus 1 tablespoon milk**

In a Dutch oven, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving two tablespoons drippings.

Cook turkey in bacon drippings until no longer pink.

Add the carrots, 1 3/4 cups water, broth, onions, celery, rosemary and bay leaf. Bring to a boil. Reduce heat; cover and simmer for 20 to 30 minutes or until vegetables are tender.

Combine flour and remaining water until smooth; stir into turkey mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf. Stir in the salt, pepper and reserved bacon.

In a large bowl combine biscuit mix and milk. Drop batter in six mounds onto simmering stew. Cover and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).

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Per Serving (excluding unknown items): 163 Calories; 5g Fat (29.1% calories from fat); 4g Protein; 25g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 516mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.