

Field Roast Apple Sage Sausage Stuffing

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 1 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Field Roast Apple Sage Sausage, 1/2" dice	1	Each
Onion, 1/2" dice	1/4	Cup
Celery, 1/2" dice	1/4	Cup
Mushrooms, sliced	1/4	Cup
Garlic, minced	2	Tablespoons
Apples, 1/2 dice	2	Tablespoons
Sage, chopped	1/2	Teaspoon
Rosemary	1/2	Teaspoon
Parsley	1/2	Teaspoon
Olive Oil	4	Tablespoons
Club white sliced bread	3	Slices
Vegetable broth	1	Cup

Preparation

1. Sauté onions, celery & mushrooms in olive oil until tender.
2. Add in garlic continuing to sauté until fragrant.
3. Add fresh herbs and field roast apple sage sausage.
4. Toast white bread in oven until lightly browned and crisp
5. Add 1/2 cup vegetable broth & apples to the vegetables and season to taste.
6. Combine bread and vegetables adding more broth as necessary to moisten bread.
7. Spread stuffing in an oven safe pan and bake until golden brown.

Nutrition Information

 *From USDA Nutrient Database

Calories: 1006 Total Fat: 66.9g Saturated Fat: 9.2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1541mg
Carbohydrate: 66.7g Fiber: 8.3g Sugar: 12.4g Protein: 34.2g