

Chick'n Stuffing Casserole



PREP TIME

25 mins

COOK TIME

35 mins

TOTAL TIME

1 hr



COURSE

Dinner



SERVINGS

7

CALORIES

501 kcal

EQUIPMENT

- Skillet
- Baking dish (13-by-9-inch)
- large mixing bowl
- Oven-safe dish for roasting Brussels sprouts

INGREDIENTS

For the Chick'n:

- 2 Tbsp vegan butter
- 1 c chopped onion
- 1 c chopped carrot
- 1 c chopped celery
- 3 Tbsp cornstarch in 3 tbsp cold water
- 6 ½ c vegetable broth divided
- 2 bags Morning Star Farm Chick'n Strips thawed and chopped
- 1 c frozen peas
- ½ c soy milk
- 1 Tbsp chopped fresh thyme
- ¾ tsp salt
- 1 tsp pepper
- ¼ tsp ground turmeric
- 2 6- oz packages Savory Herb flavored stuffing mix vegan
- ¼ c chopped fresh parsley plus more for garnish

For the Roasted Brussels

- 2 pounds Brussels sprouts cleaned and trimmed
- 6 cloves garlic peeled & sliced

- ¼ c nutritional yeast
- Salt and freshly ground black pepper to taste
- 2 Tbsp olive oil

INSTRUCTIONS

Instructions for the Chick'n:

1. Preheat the oven to 375°F.
2. In a large skillet, melt the vegan butter over medium-high heat. Add the onion, carrot, and celery, and cook until the vegetables are beginning to soften, about 3-5 minutes. Pour the cornstarch over the vegetable mixture and cook, stirring frequently, for 1 minute.
3. Gradually stir in 4 cups of the vegetable broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the "chik'n", peas, soy milk, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 minutes more.
4. Spray a 13-by-9-inch baking dish with nonstick spray and pour in the chik'n mixture. In a large bowl, stir in the stuffing mix, remaining 2 ½ cups of vegetable broth, and the parsley. Let stand 2 minutes or until the stuffing mix has absorbed the broth.
5. Top the chik'n mixture evenly with the stuffing mixture. Bake until golden brown on top and bubbly around the edges, 30 to 35 minutes. Let stand 15 minutes. Sprinkle with additional chopped parsley before serving or dividing into Tupperware containers.

Instructions for the Roasted Brussels:

1. Preheat the oven to 375°F.
2. Place Brussels sprouts in an oven-safe dish. Make sure to dry them very well before cooking.
3. Add the olive oil, garlic, nutritional yeast, salt, and pepper. Toss to coat and spread out in the pan so they're mostly not touching.
4. Roast in the oven uncovered for 25-30 minutes until crisp, brown, and caramelized on the outside and tender on the inside.

NUTRITION

Nutrition Facts

Chick'n Stuffing Casserole

Amount Per Serving	
Calories 501	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Carbohydrates 68g	23%
Protein 36g	72%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!