

Apple Sage Sausage Stuffing



PREP TIME

1 hr 30 mins

TOTAL TIME

1 hr 30 mins



COURSE

Dinner, Sides



SERVINGS

16 cups

CALORIES

190 kcal

INGREDIENTS

- 1 loaf High Protein Sandwich Bread cut or torn into small pieces
- 4 links Tofurkey Apple Sage Sausages OR Vegan Proteins Apple Sage Sausages
- 1 large yellow onion chopped
- 4 ribs celery chopped
- 2 granny smith apples cored and diced
- 1/4 c fresh parsley chopped
- 3 c vegetable broth

INSTRUCTIONS

1. Preheat oven to 200°F/93°C
2. Put your bread pieces on a large cookie sheet and toast in oven for 15 minutes.
3. Remove from oven and set aside to cool.
4. Preheat oven to 400°F/204°C
5. Coin and quarter your sausages.

6. In a large skillet over medium heat, sauté your sausages until they begin to get a bit crisp on the outside, stirring frequently.
7. Transfer sausage to large mixing bowl and set aside.
8. In that same pan over medium heat, with the juices still in it, add ½ c (120ml) vegetable broth and your diced onion.
9. Sauté for 3 minutes until they begin to soften.
10. Add your celery and apples and cook for another 3-5 minutes, adding more broth if necessary to keep from sticking.
11. Add your apple mixture to your large bowl and top with toasted bread pieces.
12. Using a large wooden spoon begin to mix it all together. Add your remaining vegetable broth bit by bit as you mix.
13. Eventually you will need to use your hands and you should REALLY work through it, squeezing it through your fingers until the bread begins to get mushy.
14. Remove 2 cups of the mixture right now to use in your Stuffed Turkey Loaf.
15. Transfer the remaining stuffing mixture to a 13x9 inch baking dish and cover with foil that you've spritzed with cooking spray.
16. Bake covered for 40 minutes. Remove foil and bake for a remaining 20 minutes.

NOTES

Nutrition facts based on recipe using Tofurkey sausages.

NUTRITION

Nutrition Facts

Apple Sage Sausage Stuffing

Amount Per Serving

Calories 190 Calories from Fat 29

% Daily Value*

Fat 3.2g **5%**

Carbohydrates 24.3g **8%**

Fiber 2.5g **10%**

Protein 17.2g **34%**

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



Tried this recipe?

Let us know how it was!