

Plant-Powered Bread Stuffing

There are a handful of dishes that are integral to any proper holiday spread. One of them is the humble mixture of bread, stock and vegetables: stuffing. While this savory side provides a level of belly-warming comfort that few other dishes could compete with, too much of the heavy dish might also leave you moaning on the couch. Thankfully, Magee’s vegetable-packed recipe gives you and your family a guilt-free way to indulge.

“This dish is a wonderful healthful upgrade from the traditional bread stuffing and it’s become a tradition on my side of the family now too, my sister has been making this recipe for her family as well for a couple of decades now,” Magee said.

Inspired by a rice dish that was a favorite recipe of her mother’s, Magee’s riff on classic bread stuffing swaps out sticks of butter for antioxidant-containing extra-virgin olive oil and packs twice the typical amount of veggies. “It’s so delicious and so wonderfully filling and packed with nutrition, that we come up with reasons to make it a couple more times during the year.”



Directions

1. Toast the slices in a toaster until lightly brown. Cut the toast into 3/4-inch cubes for a total of 7 to 8 cups.
2. Add olive oil to large, nonstick skillet or stock pot over medium heat. When hot, add onions, celery, carrots, mushrooms, garlic, pepper, salt (if desired), and poultry seasoning. Sauté until mushrooms are cooked through (about 10 minutes). Stir in parsley and bread cubes.
3. Drizzle broth over the top and stir to blend in. If more broth is needed for desired moistness of stuffing, add 1/4 to 1/2 cup more. Cover pan, turn off heat, and let stuffing sit 10 minutes to blend flavors.
4. Meanwhile, cook sausage over medium heat in a medium nonstick frying pan until nicely browned. If using links, cut into pieces/slices as desired. If using ground sausage, cook until nicely browned, breaking it into crumbles with a spatula, and draining any drippings if desired.
5. Stir in your cooked sausage, add more pepper and salt to taste if desired, and keep warm until ready to serve! You can use a slow cooker to keep it warm.

Ingredients

- About 7-8 cups of cubed whole grain bread of your choice (about 10 slices)
- 3 tablespoons extra virgin olive oil
- 1 cup chopped onion, about 1 medium
- 2 cups chopped/sliced celery
- 2 cups shredded or grated carrots, (5 ounces)
- 2 cups sliced mushroom or pieces
- 1 tablespoon minced garlic
- 1/2 teaspoon black pepper
- 1/4 teaspoon smoked salt (optional, any salt can be used)
- 1 tablespoon poultry seasoning (add an extra 1 teaspoon of sage if desired)
- 2 tablespoons chopped fresh parsley or 4 teaspoons dried parsley flakes
- 1 1/2 cups chicken or turkey broth or bone broth (or vegetable broth)
- 8-ounces sausage of choice

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