Vegan Apple Sausage Stuffing

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

This dish is sure to impress guests at fall and winter gatherings!

About the Recipe

247 Calories · 16.8 g Protein · 4 g Fiber
Dinner

Field Roast's smoked vegan apple sage sausage works well in this recipe, but any vegan sausage would do. Feel free to use any unsweetened plant milk. You can roast the chestnuts yourself or buy packaged roasted chestnuts. If you can’t find chestnuts, walnuts are a good substitute.

Ingredients

Makes 6 Servings

- 1 loaf or 7 c (315 g) French bread, cut into large cubes
- 1 carrot, chopped
- 12 celery sticks, chopped
- 1 yellow onion, chopped
- 8 oz (227 g) vegan apple sage sausage, diced
- 1/4 c (36 g) roasted chestnuts, chopped
- 1 tsp (5 mL) sage, chopped
- 1 tbsp (15 mL) ground flaxseed
- 1 c (240 mL) low-fat nondairy milk
- 1 c (240 mL) low-sodium vegetable stock
- 1/2 tsp (2.5 mL) salt

Directions

1. Preheat oven to 375 F (191 C).   Spread cubed bread on a sheet pan and toast in oven, about 5 minutes. Set aside.
2. Puree carrot, onion, and celery in a blender or food processor until it becomes a fine pulp. Set aside.
3. Set a large saute pan to medium heat and add the vegan sausage. Cook sausage, stirring frequently until slightly brown, about 5-7 minutes. Remove from pan and set aside.
4. Add vegetable puree to saute pan, reduce heat to low, and cook until almost dry, about 7 minutes. Remove from pan and set aside.
5. In a large bowl, combine sausage, vegetable puree, bread, chestnuts, and chopped sage.
6. In a medium bowl, create the flax egg by combining ground flax seed and 2 1/2 tbsp (37.5 mL) of water. Let sit for 5 minutes. Add in vegetable stock, salt, and milk and whisk well. Pour this over the bread mixture and fold to combine.
7. Place mixture in an 8-by-12-inch (20-by-30-cm) baking dish and bake uncovered for 30 minutes, or until top is golden brown.
8. Notes: - A stick of celery is also called a rib of celery. A celery stalk is the whole bunch! - Unsweetened soy milk works great, but any low-fat, unsweetened option will do!

Nutrition Facts

Per serving:

Calories: 247

Fat: 6 g

Saturated Fat: 0.6 g

Calories From Fat: 19.6%

Cholesterol: 0 mg

Protein: 16.8 g

Carbohydrate: 34 g

Sugar: 6 g

Fiber: 4 g

Sodium: 1,012 mg

Calcium: 114 mg

Iron: 7.1 mg

Vitamin C: 3.9 mg

Beta-Carotene: 999 mcg

Vitamin E: 1.3 mg