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

- French bread, cut into large cubes (1 loaf or 7 cups)
- large carrot, chopped (1)
- celery stalks, chopped (2)
- yellow onion, chopped (1)
- vegan apple sage sausage, diced (8 ounces)
- roasted chestnuts, chopped (1/4 cup)
- sage, chopped (1 tsp.)
- flax egg (1 tbsp. ground flax seed + 2 1/2 tbsp. water) (1)
- soy milk, unsweetened (1 cup)
- vegetable stock (1 cup)
- salt (1/2 tsp.)

Directions
1. Preheat oven to 375 F. 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 sauté 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 sauté 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 1 tbsp. ground flax seed and 2 ½ tbsp. of water. Let sit for 5 minutes. Add in vegetable stock, salt, and soy milk and whisk well. Pour this over the bread mixture and fold to combine.
7. Place mixture in an 8-by-12-inch baking dish and bake uncovered for 30 minutes, or until top is golden brown.

**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