

Slow Cooked Sausage Dressing

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Servings: 12

*7 cups seasoned stuffing
cubes or croutons
1 medium tart apple,
chopped
1/3 cup chopped pecans
1 1/2 teaspoons rubbed
sage
1/2 teaspoon pepper
1/2 pound reduced-fat bulk
pork sausage
1 large onion, chopped
2 ribs celery, chopped
1 can (14-1/2 ounce)
reduced-sodium chicken
broth
2 tablespoons reduced-fat
butter, melted*

Preparation Time: 20 minutes**Cook Time: 3 hours**

In a bowl, combine the stuffing cubes, apple, pecans, sage and pepper.

In a nonstick skillet, cook and crumble the sausage with the onion and celery over medium-high heat until no longer pink, 4 to 5 minutes. Drain.

Add to the stuffing mixture. Stir in the broth and butter. Transfer to a greased five-quart slow cooker.

Cook, covered, on LOW for three to four hours, until the apple is tender, stirring once.

Per Serving (excluding unknown items): 32 Calories; 2g Fat (59.4% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.