

Traditional Sausage Stuffing

Kim

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1 package fresh Italian ground sausage
3 ribs celery, chopped
1 large onion, chopped
1 cup carrots, finely chopped
1 package (12 to 14 ounce) herb-seasoned stuffing cubes
2 to 2-1/2 cups chicken broth
2 eggs, lightly beaten
1/2 cup fresh parsley, chopped

Preheat the oven to 325 degrees.

In a large skillet, cook the sausage over medium heat for 5 minutes.

Add the celery, onion and carrots.

Cook and stir for 5 to 10 minutes longer until the sausage is no longer pink and the vegetables are tender.

In a large bowl, combine the stuffing cubes and sausage mixture. Stir in the broth, eggs and parsley. Toss to combine.

Spoon into a greased 13x9-inch baking dish. Cover.

Bake for 30 minutes.

Uncover. Bake for 10 minutes longer or until a thermometer reads 160 degrees and the top is lightly browned.

Per Serving (excluding unknown items): 352 Calories; 13g Fat (34.3% calories from fat); 27g Protein; 31g Carbohydrate; 9g Dietary Fiber; 424mg Cholesterol; 1836mg Sodium. Exchanges: 2 1/2 Lean Meat; 5 1/2 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):

352

Vitamin B6 (mg):

.6mg

