



Chorizo Stuffing



Ingredients



Adapted from *Eating Well*

- 8 cups cubed wholegrain bread
- 12 oz. chorizo sausage, casing removed, crumbled
- 3 Tbsp. oil
- 4 cups brussel sprouts, quartered
- 2 cups diced celery
- 1 onion, diced
- 2 carrots, diced
- 2 apples, chopped
- 2 Tbsp. fresh sage (or 2 tsp. dried)
- 2 Tbsp. fresh thyme (or 1 tsp. dried)
- 2 1/2 cups broth or water
- 1 tsp. salt
- 2 Tbsp. cold butter, cut into 1/4-inch cubes



Directions



Yield: 18 servings **Serving size:** 1/2 cup

Total cost: \$13.45 **Serving cost:** \$0.75

1. Preheat the oven to 375°F. Coat a 9 x 13 in baking dish with cooking spray.
2. Spread the bread on a baking sheet. Bake about 15 minutes, until it feels dry.
3. Meanwhile, cook the chorizo in a large skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer meat to a large bowl, leaving drippings in pan.
4. Add oil, brussel sprouts, celery, onion, and carrots to the pan. Cook 8-10 minutes, stirring occasionally. Stir in apples, sage, and thyme. Cook 1 minute, stirring occasionally. Stir in 1/2 cup broth or water, scraping up any browned bits.
5. Add the vegetable mixture and the bread to the bowl with the chorizo. Gently stir to combine. Add the remaining 2 cups broth and salt and stir until evenly moistened.
6. Transfer the stuffing to the prepared pan and press it down with the back of a spoon. Dot with butter. Bake until the stuffing is crispy on top, 30-40 minutes.

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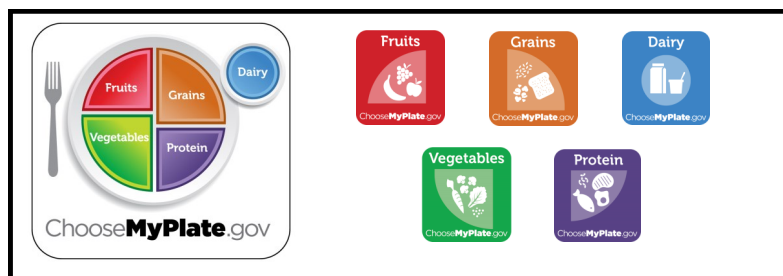
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Fast Facts



Featured Food Groups



Cooking Tips



- Any type, or combination, of bread is delicious in this recipe.
- Use low-sodium broth and unsalted butter to decrease the sodium in the recipe.
- For a faster process, you can skip the final baking step. Just add all the broth to the pan in Step 4 and heat it to a boil. Then stir in the bread cubes and chorizo, mixing quickly. Remove the pan from the heat and cover it for 5 minutes. Fluff before serving.

Nutrition Facts

18 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.1g	21%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 490mg	21%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0.2mcg	0%
Calcium 39mg	4%
Iron 1.62mg	8%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

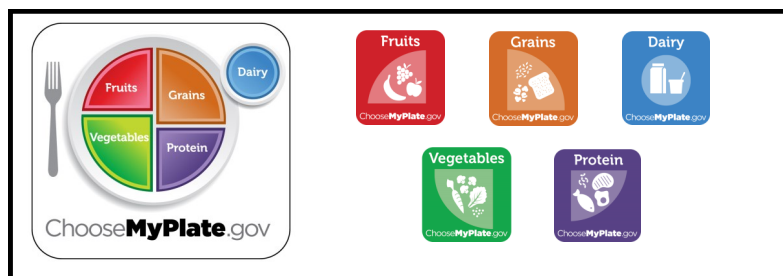
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