

# Cauliflower Stuffing

Serving Size: 6 | Prep Time: 15 minutes | Cooking Time: 40 minutes



## INGREDIENTS

4 tablespoons butter  
1 onion, chopped  
2 large carrots, peeled and chopped  
2 celery stalks, chopped  
1 small head cauliflower, chopped

1 cup mushrooms, chopped  
1/4 cup freshly chopped parsley  
2 tablespoons chopped rosemary  
1 teaspoon ground sage  
1/2 cup low-sodium vegetable broth  
Salt and pepper

## DIRECTIONS

1. Melt butter over medium heat in a large skillet.
2. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
3. Add cauliflower and mushrooms and season with salt and pepper.
4. Cook until tender, 8 to 10 minutes more.
5. Add parsley, rosemary, and sage and stir until combined.
6. Pour broth and cook until totally tender and liquid is absorbed, 10 minutes.
7. Optional: Add cooked pork or chicken apple sausage.