

CAULIFLOWER STUFFING



CAULIFLOWER TAKES THE PLACE OF BREAD IN THE LOW-CARB STUFFING OF YOUR DREAMS.

TOTAL TIME: 0:30 MINUTES

SERVES: 6

INGREDIENTS:

- 4 TBSP. BUTTER
- 1 ONION, CHOPPED
- 2 LARGE CARROTS, PEELED AND CHOPPED
- 2 CELERY STALKS, CHOPPED OR THINLY SLICED
- 1 SMALL HEAD CAULIFLOWER, CHOPPED
- 1 C. CHOPPED MUSHROOMS
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1/4 C. CHOPPED FRESH PARSLEY
- 2 TBSP. CHOPPED FRESH ROSEMARY
- 1 TBSP. CHOPPED FRESH SAGE (OR 1 TSP. GROUND SAGE)
- 1/2 C. VEGETABLE OR CHICKEN BROTH

INSTRUCTIONS:

1. IN A LARGE SKILLET OVER MEDIUM HEAT, MELT BUTTER. ADD ONION, CARROT, AND CELERY AND SAUTÉ UNTIL SOFT, 7 TO 8 MINUTES.
2. ADD CAULIFLOWER AND MUSHROOMS AND SEASON WITH SALT AND PEPPER. COOK UNTIL TENDER, 8 TO 10 MINUTES MORE.
3. ADD PARSLEY, ROSEMARY, AND SAGE AND STIR UNTIL COMBINED, THEN POUR OVER VEGETABLE BROTH AND COVER WITH A LID. COVER UNTIL TOTALLY TENDER AND LIQUID IS ABSORBED, 15 MINUTES.
4. SERVE.