

Cornbread Stuffing

Makes 8 servings

Prep Time: 20 minutes

Cook Time: 2-3 hours

Ingredients:

2 boxes Jiffy Vegetarian Corn Muffin Mix

2 T ground flaxseed (in 6 T water)

1 1/3 c unsweetened soy milk (or non-dairy milk of your choosing)

2 T canola oil

2-3 stalks celery, finely diced

1 medium onion, finely diced

1 t ground dried herbes de Provence

2 T reduced-sodium Better Than Bouillon Vegetable Base

1/4 c Follow Your Heart VeganEgg

Directions:

1. Preheat oven to 350°F. Combine corn muffin mix, flax mixture, and soymilk in a large mixing bowl. Transfer to a greased 13"x9" baking dish and bake for 15-20 minutes. Reduce oven temperature to 200°F. Once cool enough to handle, crumble cornbread and continue to bake until completely dried, about 1-2 hours.
2. In a medium sauté pan, heat canola oil over medium heat. Sauté onion and celery until tender and slightly golden. Turn off the heat and stir in dried herbs.
3. Dissolve vegetable base into 3 cups of hot water and set aside. In a separate bowl, whisk VeganEgg into 1 cup of ice-cold water until smooth.
4. Preheat oven (or broiler, if possible) to 375°F. Combine dried cornbread, sautéed vegetable mix, bouillon, and vegan egg. Pour into a greased 8"x8" baking dish. Bake or broil for 1 hour.



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Nutrition Facts

Servings 8.0

Amount Per Serving

calories 322

% Daily Value *

Total Fat 13 g 20 %

Saturated Fat 3 g 17 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 818 mg 34 %

Potassium 128 mg 4 %

Total Carbohydrate 48 g 16 %

Dietary Fiber 4 g 17 %

Sugars 12 g

Protein 5 g 11 %

Vitamin A 1 %

Vitamin C 1 %

Calcium 13 %

Iron 12 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.