

Primal Stuffing

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Ingredients:

- 2 cups shredded brussel sprouts
- 2 cups shredded carrots
- 1 small onion, diced
- 2 cloves garlic, diced
- 2 stalks celery, chopped
- ½ cup pecan
- ¼ cup chicken stock
- ½ apple, diced
- 2 tbsps butter
- 1 tsp each of sage, rosemary and thyme

Preparation:

In a food processor, shred the Brussels sprouts, carrots and pecans
In a large frying pan over low-med heat, sauté onions and garlic in butter until translucent
Add celery, apple, sage, rosemary, thyme and sprouts/carrot/pecan mixture in the fry pan. Continue sautéing over medium heat until sprouts start to brown. Stir often.
Stuff the bird. Place remaining stuffing in a baking dish. Mix in wet chicken stock. Bake for 30 minutes at 350.