

Apple Cranberry Low Carb Stuffing

3 stalks celery, chopped,
1 large onion, chopped,
1 Apple, peeled and diced small dice
½ cup dried cranberries
8 ounces fresh mushrooms, sliced
1/4 cup butter
1 ½ tsp thyme, dry
2 tsp rubbed sage, dry
2 tsp parsley, dry
1 tablespoon fresh parsley, chopped
10 slices low carb bread, toasted and cubed
2-3 cups chicken stock, homemade recommended
Salt, to taste
Pepper, to taste
1 egg, beaten

Sauté the celery, onion, mushrooms and apple in butter until very tender; stir in the thyme, sage, parsley, and salt and pepper In a small bowl, heat up 1 cup of stock in microwave until simmering, add cranberries to hot stock to plump up, about 5 minutes. Place the bread in a large bowl and toss with the vegetable mixture. Add about 1/2 cup broth and mix well. Add more broth until it reaches the desired consistency. I like mine rather moist. Season to taste with salt and pepper. Stir in the beaten egg. Bake, covered, in a greased 1 1/2 to 2 quart casserole at 350° for about 30 minutes. Uncover and bake an additional 15-30 minutes to browned on top.

