



COOK TIME: 65 MIN

PREP TIME: 15 MIN



PRINT RECIPE

Ingredients

- ~2 butternut squash (6 cups cubed)
- 1 cup diced carrots
- 1 cup diced celery
- 1 finely chopped garlic clove
- 1 Granny Smith apple (peeled and diced into ¼ inch-sized pieces)
- 8 ounces chopped mushrooms
- 2 cups diced onion
- ½ cup wild rice
- 3 cups low sodium vegetable broth
- 2 tablespoons olive oil
- 1 whole bay leaf
- ¼ teaspoon black pepper
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ¼ teaspoon crushed red pepper
- ¼ teaspoon dried sage
- ¼ teaspoon dried thyme

Butternut Squash Stuffing

Rice Component Directions

1. In a medium sauce pot at medium-high heat, add enough oil to coat the bottom of the pot.
2. Add in the ½ cup of wild rice and 1 finely chopped garlic clove.
3. Quickly “toast” rice until it is evenly coated in oil.
4. Add in 1 bay leaf and 2 cups of low sodium vegetable broth and stir fully submerged rice until the broth reaches a boil.
5. Lower the heat until the broth is simmering. For the next 45 minutes or so, stir rice every so often to ensure even cooking. The rice is done when the grains are chewy and the broth has been fully absorbed.
6. Season with salt to taste.

Vegetable Component Directions

1. In a large sauté pan, add the prepped onions, celery, carrots, squash, mushrooms, apple and the following spices:
 - ¼ teaspoon dried oregano
 - ¼ teaspoon black pepper
 - ¼ teaspoon dried thyme
 - ¼ teaspoon dried sage
 - ¼ teaspoon nutmeg
 - ¼ teaspoon onion powder
 - ¼ teaspoon ginger
 - ¼ teaspoon crushed red pepper
 - 1 tablespoon olive oil
2. Cook veggies until the squash can be easily pierced with a fork (approximately 15 minutes).
3. Preheat oven to 375 degrees Fahrenheit.
4. In a greased lasagna pan, mix together the veggies and rice.
5. “Seal” the veggie/rice mixture by pressing down on it gently using your hand or a spoon, starting from the edge of the pan and going toward the center.
6. Pour 1 cup of the vegetable broth on top of the mixture.
7. Tightly cover with aluminum foil and bake for about 15 minutes. Take off the foil, increase the heat to 425 degrees Fahrenheit and cook until brown (approximately 5 minutes).

Yield: 4-6 Servings