

# Easy Vegan Wild Rice Stuffing

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-rice-stuffing-recipe>

## Ingredients:

- 1 cup wild rice blend cooked
- 7 cups cubed bread I use a mix of sourdough bread and whole grain
- 2 tablespoons vegan butter or oil
- 1 small yellow onion diced
- 4 garlic cloves chopped
- 3 italian sausages vegan, sliced lengthwise and chopped\*
- 2 celery ribs diced
- 1/2 bell pepper diced, any colour
- 1/2 pound mushrooms 8 oz, chopped
- 1 apple cored and chopped
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon ground fennel
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried parsley
- 1 tablespoon fresh parsley
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon salt
- 1 teaspoon fresh rosemary finely chopped
- 1 teaspoon bouillon
- 1 cup vegetable stock

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 5 grams

8. Sodium: 800 milligrams
  9. Sugar: 6 grams
- 

Thank you for visiting our website. Hope you enjoy Easy Vegan Wild Rice Stuffing above. You can see more 20 italian sausage and rice stuffing recipe They're simply irresistible! to get more great cooking ideas.