

# Rice & Lentil Stuffing

Hearty stuffing made from all whole foods is sure to nourish you and your loved ones this Thanksgiving

Prep:  
**10 minutes**

Cook:  
**50 minutes**

Ready In:  
**60 minutes**

Servings:  
**6**



## Saute Ingredients

- 1 yellow onion diced
- 4 cloves garlic minced
- 3 stalks celery chopped
- 2 cups mushrooms chopped
- 2 tbsp soy sauce

## Base Ingredients

- 6 slices ezekeil bread cubed
- 1 medium sweet potato chopped
- 1 cup cooked wild rice blend
- 2 cups cooked brown lentils
- 1 tbsp each, rubbed sage, thyme, garlic powder
- 1 tsp fennel
- 2 cups veg stock
- flax egg (3 tbsp flax, mixed with 6 tbsp water)

## Instructions

- 1 In a saucepan over medium heat add in your saute ingredients and cook 5-7 minutes until fragrant.
- 2 Take the pan off the heat. Add in the rest of your ingredients (except the veg stock and bread) to the pan and mix well.
- 3 Place mix in a nonstick 9x9 baking pan and top with cubed bread. Pour veg stock over top.
- 4 Cover with foil and bake at 400 for 30 minutes. Then remove the foil and bake another 20 minutes to crisp the bread on top. Enjoy!