

SAUSAGE CAULIFLOWER PECAN STUFFING

This recipe is best left for maintenance and/or special occasions.



INGREDIENTS

12-ounce roll of regular sausage or

Turkey Breakfast Sausage

1-lb ground turkey (not the leanest) 2 Tbsp avocado oil, divided

1/2 tsp dried thyme 1 tsp ground sage 1/4 tsp garlic powder

3/4 tsp Pink Himalayan salt 1/4 tsp ground black pepper

1/8 tsp cayenne or red pepper flakes, optional

Stuffing

1/2 cup onion, chopped 1 cup celery, chopped

1 cup mushrooms, chopped (optional) 1 large head of cauliflower, chopped 1/2 cup chicken broth

1/2 tsp. poultry seasoning, to taste

1/4-1/3 cup pecans or walnuts, chopped 1/4 cup parsley, chopped

Pink Himalayan salt & black pepper, to taste

DIRECTIONS

Sausage

Add all the ingredients together (using 1 tbsp oil) and mix well. Only use 3/4 of turkey mixture (refrigerate the rest to make sausage patties later).

Stuffing

Heat a very large skillet or wide pan over medium- high heat, add 1 tbsp avocado oil and brown the turkey mixture (or roll of sausage), separating it into smaller pieces as it cooks.

Add celery, onions and mushrooms and cook for about 5 minutes or until softened. Add cauliflower and cook for about 8-10 minutes. You want it to brown, so don't stir too often.

Add chicken broth and poultry seasoning on medium heat and cook until liquid is gone, stirring occasionally.

Add pecans/walnuts and parsley and cook 2 minutes. Season with salt & pepper, to taste.