

# Ma McCarthy's Legendary Stuffing JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 12 pieces Silver Hills Sprouted Bread\*
- 3 cups veggie stock
- 2 apples, finely chopped
- 1 medium onion, finely chopped
- 1/2 cup fresh parsley, chopped
- 3/4 cup celery, finely chopped
- 1/2 cup chopped walnuts
- 1/4 cup pumpkin seeds
- 4 tbsp extra-virgin olive oil (2 tbsp for sautéing and 2 for stuffing)
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1 tbsp dried rosemary
- 1 tbsp dried sage
- 1/2 tsp sea salt

## Instructions:

1. Preheat oven to 350F (180C) Once the bread is stale (but not hard as a rock), slice into cubes and place in a large mixing bowl.
2. Meanwhile, heat 2 tbsp of olive oil at medium heat on a large fry pan and sauté onions and celery for 5 to 7 minutes until tender.
3. Add the sautéed mixture to the cubed bread and mix together. Next, add the chopped apple, fresh parsley, dried herbs, chopped walnuts and pumpkin seeds. Mix together.
4. Next, pour the stock over top of the stuffing mixture, as well as the remaining 2 tbsp olive oil. Add sea salt to taste.
5. Transfer stuffing to a large baking dish. I used an oval baking dish that's about 11"x8". It's kind of an odd size because it's oval, but you could use any baking dish and just adjust the baking time if the stuffing is thinner and bake it a little less.
6. Bake uncovered for 40-50 minutes. If the top is getting too brown, cover with tin foil but remove 10 minutes before finishing to get the top nice and crispy. Feel free to drizzle a little more olive oil on top to help it get crispy.
7. Enjoy right away!

## Notes:

Serves 8 \*Let it sit out of the package overnight to go stale