



# Stuffing with Vegetables

Servings 6 | Prep time 5 mins. | Total time 19 mins.

**Equipment:** Small microwave-safe bowl, Large bowl, Measuring spoons, Casserole dish

**Utensils:** Mixing spoon

## Ingredients

16 ounces frozen vegetables  
1 tablespoon margarine  
1 6 ounce package low-sodium stuffing mix  
1 14 ounce can low-sodium chicken broth  
1 teaspoon garlic powder  
1/4 cup water (optional)

## Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Melt margarine by placing it in a small, microwave-safe bowl and microwave for 20 seconds.
3. Place thawed vegetables in a large mixing bowl. Pour melted margarine over vegetables. Stir to combine.
4. Add stuffing mix, broth, and garlic powder. Stir to combine.
5. Scoop into casserole dish. Microwave on high for 10-12 minutes until hot in center.
6. If stuffing seems dry, add 1/2 cup water and microwave for 2 minutes.

## Nutritional Information:

Calories 70  
Total Fat 2.5g  
Sodium 400mg  
Total Carbs 11g  
Protein 3g