



Stuffing with Vegetables

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

Equipment:

Small microwave-safe bowl
Large bowl
Casserole dish

Utensils:

Mixing spoon
Measuring cups and spoons

Ingredients

1 16 ounce package frozen vegetable mix
1 tablespoon butter OR margarine
1 6 ounce package low-sodium stuffing mix
1 14 ounce can low-sodium chicken broth
1 clove garlic, minced OR 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 mixture 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 more minutes.

Nutritional Information:

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