

No Carb Easy Bread Stuffing

THM-Friendly: FP

No Carb Easy Bread:

- 1 package NCEB
- 3/4 cup water
- 1 and 1/3 cup egg whites

Stuffing:

- 1 Tbsp. butter
- 5 stalks of celery, diced
- 1 large or 2 medium onions, diced
- 1 large carrot, grated (or diced very small)
- 1 tsp. mineral salt
- 1/2 tsp. pepper
- NCEB (from above) cut into cubes
- 1 and 1/2 cups chicken broth
- 2 Tbsp. dried parsley
- 1 tsp. thyme
- 1 Tbsp. sage
- 1 tsp. rosemary



Make Bread:

Preheat oven to 425°F. Prepare a large-rimmed baking sheet with parchment paper. Mix egg whites until frothy. Add water and the NCEB mix and mix with a hand mixer until combined. While still liquid, pour into a baking sheet and spread as evenly as possible. Bake for 12 - 15 minutes or until no longer sticky. Flip the bread and cook another 4 - 6 minutes. You want it to have a nice spongy texture that is cooked through. Once cooked, remove it from the oven and cool it until you can easily cut it into cubes. Do not shut off the oven.

Make Stuffing:

In a small saucepan, melt the butter. Add diced celery, onion, carrot, salt, and pepper, and cook until translucent/tender (10-15 minutes). Cut the baked NCEB into small cubes. In a bowl, combine the NCEB, cooked veggies, and all remaining ingredients. Once combined, spread into a 9x13" baking dish OR onto a cookie sheet. If you prefer your dressing drier, use the cookie sheet. If you prefer more moist stuffing, use the baking dish. Bake for 20 - 30 minutes until it is the "dryness" you prefer.

enJOY!

<https://www.joyfullifewithkj.com/NCEB%20Stuffing>

