

# Cauliflower Rice And Sausage Stuffing



5 from 10 votes

This low carb cauliflower rice and sausage stuffing, garnished with your favorite fall herbs, is sure to please your palate and your guests at your holiday table!

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Snack, Side Dishes and Appetizers    Cuisine: American    Servings: 6  
Calories: 337kcal    Author: Tayo Oredola

## Ingredients

- 4 cups cauliflower rice
- 1 lb ground sausage
- 3 tbsp olive oil
- 2 cloves garlic minced
- 1 cup mushrooms
- 1 cup onions
- ½ cup fresh parsley chopped
- ¼ cup fresh sage chopped
- ½ tsp poultry seasoning
- 1 tsp black pepper
- ½ tsp salt to taste

## Instructions

1. Place ground sausage in a large dry pan on the stove and set to medium heat.
2. Break into smaller chunks with a wooden spoon and stir.
3. While waiting, chop the parsley, sage and onion and finely mince the garlic cloves.
4. Add the olive oil to another pan and add the onions and garlic.
5. After about a minute, add the mushrooms and stir on medium heat for about 5 minutes.
6. When the ground sausage is ready, drain out some of the liquid.
7. Place the ground sausage back to the pan and add the sautéed mushrooms with onion and garlic.
8. Add salt, pepper and poultry seasoning and stir.
9. Add cauliflower rice to the ground sausage and stir.
10. Taste for salt and adjust accordingly.
11. Add chopped parsley and sage and stir.
12. Leave for about 5 more minutes.
13. Garnish with more parsley, sage or red pepper flakes, if you wish.
14. Serve and enjoy!

## Notes

This recipe serves 6 and contains 7g net carbs per serving.

- Add 20 minutes to the total cooking time if you're making the cauliflower rice from scratch.
- Also be careful not to add too much salt when making the cauliflower rice so the dish does not end up too salty. Put minimal salt in the beginning and adjust for salt at the end.
- For the mushrooms, wash and pat dry or drain completely to prevent introducing excess liquid when sautéing the mushrooms.
- If using frozen cauliflower rice, watch out for excess moisture as it thaws. It might be helpful to stir fry dry in a separate pan to get rid of as much water as possible before adding to the stuffing.

## **Nutrition**

Calories: 337kcal | Carbohydrates: 9g | Protein: 14g | Fat: 27g | Saturated Fat: 7g | Cholesterol: 54mg | Sodium: 711mg | Potassium: 623mg | Fiber: 2g | Sugar: 3g | Vitamin A: 480IU | Vitamin C: 61.2mg | Calcium: 49mg | Iron: 1.9mg