

Cornbread Dressing

From www.cookingTF.com

2 Tbs coconut oil

½-1 onion, diced

½ green bell pepper, diced, optional

1-2 stalks celery, diced

1 8x8 pan cornbread, completely cooled and cubed

½ tsp salt

1-2 tsp poultry seasoning or more

Dash sage

1/8 tsp pepper

1 hard-boiled egg, finely chopped

1 raw egg, beaten

~2 cups chicken stock

1. Grease a 9x13 pan and set aside. Preheat oven to 350°.
2. Over medium heat, sauté onion, bell pepper, and celery in coconut oil until completely tender. Place the cubed cornbread in the bowl and stir in the vegetables. Add the spices and eggs and stir gently to combine.
3. Add broth until almost soupy. How much stock you need will depend on your cornbread. You want some chunks of cornbread to remain, not a homogenous mix. Stir gently until about half of the cornbread is broken down and half is still in chunks.
4. Taste and adjust seasonings if necessary.
5. Pour into prepared pan. Bake for 20-30 minutes or until browned and the center is set.

If you double this recipe, bake it in a large roasting pan and bake for 30-45 minutes or until browned and dried to your liking.