

# Vegan Stuffed Delicata Squash

SERVINGS  
6

PREP TIME  
20 MIN

COOK TIME  
30 MIN

TOTAL TIME  
50 MIN

*Roasted delicata squash rings stuffed with a savory mix of tender vegetables, warm spices, and optional plant-based protein for a hearty vegan meal that's perfect for a cozy dinner.*

**ORGANIZING**  
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## Ingredients

## Directions

1

- 2-3 Delicata Squash
- Drizzle of Olive Oil
- Sprinkle of Paprika
- Sprinkle of Cumin
- Sprinkle of Salt & Pepper

### PREPARE SQUASH

- Preheat oven to 425°F.
- Wash the outside of each squash thoroughly.
- Cut squash crosswise into two shorter halves (as if cutting a sub roll in half, not slicing it open lengthwise). Scoop out the seeds and pulp from each half.
- Slice into 1 to 1½-inch rings, removing any remaining bits of pulp if needed.
- Arrange rings on a parchment-lined baking sheet.
- Drizzle with olive oil and sprinkle evenly with paprika, cumin, salt, & pepper.
- Roast for 20–30 minutes, or until fork-tender.

2

- 1 Medium Onion
- 3 Stalks Celery
- 8 oz Sliced Mushrooms
- ½ Bag Shredded Carrots
- Salt & Pepper to taste
- \*all approximate quantities*

### PREPARE VEGGIES FOR STUFFING WHILE SQUASH IS ROASTING

Note: Quantities are approximate - use more or less of each as preferred.

- Drizzle olive oil into a large sauté pan over medium heat.
- Dice the onion and celery, then add to the pan.
- Roughly chop the mushrooms into smaller pieces and add them as well.
- Add the shredded carrots and stir to combine.
- Season with salt and pepper to taste, and cook for about 10 minutes, stirring often, until the veggies are crisp-tender.

3

- 2½ C Vegetable Broth (plus more if necessary)
- 12 oz Bag Vegan Stuffing Mix (of choice)

### PREPARE STUFFING

- Add the vegetable broth to the cooked veggies and bring to a boil.
- Turn off the heat and stir in the stuffing mix.
- Mix well until all the stuffing is evenly moistened. Add a little more broth if needed to reach your desired texture.
- Cover and let sit a few minutes to absorb the broth.

4

### OPTIONAL PROTEINS

- Drained Canned Beans
- Cooked Lentils
- Vegan Meat

### OPTIONAL PROTEIN ADDITIONS, IF DESIRED

This recipe easily adapts to include extra protein if desired. Try adding canned beans (such as great northern or garbanzo), cooked lentils, or a plant-based sausage. While not essential, these additions add extra heartiness and depth.

5

### ASSEMBLE RINGS

- Arrange three roasted squash rings on each plate.
- Gently spoon the stuffing into each ring, letting a little overflow onto the plate for a rustic, hearty presentation.