

Sausage Apple Stuffed Pumpkin

Seasonal flavors of apple, cranberry, and pumpkin
make this an Autumn win!

Prep Time: 30 minutes

Cook Time: 30-45 minutes

Level of Difficulty: 

Ingredients

- 2 small pumpkin pie Pumpkins
- 1 lb. Hot Italian Sausage
- 1 Granny Smith Apple
- ½ cup Yellow Onion, diced
- ½ cup dried cranberries
- ½ cup white wine
- 2 teaspoons fresh or dried thyme
- 2 teaspoons fresh or dried oregano
- 4 tablespoons melted butter, divided
- 1 teaspoon Sea Salt, plus more to taste
- ½ teaspoon Fresh-Cracked Black Pepper, plus more to taste



Instructions

- Preheat oven to 350.
- Prepare the pumpkins by removing the stem (plus a little extra squash), and scooping out the stringy pulp and seeds. Set seeds aside if you'd like to roast them later.
- In a small bowl, combine 2 tablespoons of melted butter, the dried cranberries, thyme, oregano, 1 teaspoon Sea Salt, and ½ teaspoon fresh-cracked Black Pepper. Set aside.
- Cook the sausage in a skillet on medium-high for about 8 minutes until done.
- When done, remove the sausage from the skillet and set aside. Turn heat down to medium.
- Toss the diced onion into the skillet, and cook for a few minutes until golden and tender.
- Add the diced apples and cooked sausage to the skillet and cook for another 3 minutes, allowing the apples to soften.
- Add the white wine to the skillet, and cook for 2-3 more minutes.
- Remove the skillet from the heat and set aside. Add in the cranberry mixture, and mix everything together to create the stuffing.

(instructions continued on next page...)



Instructions, continued

- Place the scraped-out pumpkins into a shallow baking pan. Brush the inside of each pumpkin with melted butter. Then, season the inside of each pumpkin with Sea Salt and fresh-cracked Black Pepper.
- Once the insides are seasoned, brush the outside of each pumpkin with the remaining melted butter.
- Scoop the stuffing into each pumpkin.
- Add 1 cup of water to the baking pan, so that the water is about ½” deep. Cover both pumpkins with aluminum foil.
- Cook for 30-45 minutes, until the pumpkin is tender.
- Serve as-is, or, cut pumpkins in half vertically for easier access.