

Sausage and Broccoli Rabe Risotto

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-rabe-sweet-italian-sausage-recipe>

Ingredients:

- 4 tablespoons extra-virgin olive oil divided
- 1 tablespoon garlic coarsely chopped or sliced fresh
- 1 pound sweet Italian sausage good quality lean, removed from casing
- 3/4 pound broccoli rabe fresh, stems sliced into small, thin pieces and rest coarsely chopped
- 4 tablespoons butter divided
- 1 cup sweet onion such as Vidalia, diced
- 1 1/2 cups arborio rice
- 1/2 cup white wine such as chardonnay
- 5 cups vegetable stock plus more as needed
- 1/2 cup Parmesan cheese grated, plus more for serving
- salt
- pepper

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 40 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 8 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Sausage and Broccoli Rabe Risotto above. You can see more 18 broccoli rabe sweet italian sausage recipe Unlock flavor sensations! to get more great

cooking ideas.