

Easy Sausage and Pea Orzo Risotto

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-orzo-and-italian-sausage>

Ingredients:

- 1 teaspoon olive oil
- 10 ounces italian sausage removed from its casing
- 1 shallot medium, minced, about 1/4 cup
- 1/2 pound orzo
- 3 cups hot water or low-sodium homemade or store-bought vegetable or chicken stock
- kosher salt
- freshly ground black pepper
- 1 cup frozen peas
- 1/4 cup parmigiano reggiano finely grated
- flat leaf parsley A handful of chopped, optional

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 115 milligrams
4. Fat: 52 grams
5. Fiber: 7 grams
6. Protein: 44 grams
7. SaturatedFat: 18 grams
8. Sodium: 1740 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Easy Sausage and Pea Orzo Risotto above. You can see more 17 recipe for orzo and italian sausage You won't believe the taste! to get more great cooking ideas.