

Sausage & Tomato Risotto

Ingredients

- 1 28 oz can diced tomatoes
- 2 cups low sodium vegetable or chicken broth
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small yellow onion, finely chopped
- 3/4 lb Italian sausage, spicy or sweet, chopped – you can also make this dish vegetarian by using chickpeas instead of the sausage
- 1/2 cup Parmesan cheese, shaved
- 1/2 cup fresh basil leaves, chopped
- Sea salt & freshly ground pepper to taste
- 1 cup Quaker® Steel Cut Oats - Quick 3-Minute

How to make it

1. First step: in a medium saucepan, combine tomatoes in their juices and broth and bring to a simmer. Set this aside, we'll come back to this in a bit.
2. Next, in a medium sauté pan, heat the olive oil over medium heat. Add your garlic, onion, and sausage and cook until slightly browned, about 5 minutes. Then add oats and cook for about 1-2 minutes, stirring until oats are well coated.
3. Then similar to a traditional risotto, we're going to add the liquid mixture slowly. We'll start by adding about 2 cups of the tomato broth mixture and simmer over medium heat, 4-5 minutes. Slowly add tomato mixture, about 1 cup at a time, stirring occasionally, waiting for oats to absorb the liquid before adding more.
4. Cook until oats are creamy and tender, about 20-25 minutes total.
5. The steel cut oats give this dish a great creamy texture but still has some bite to it.



PREP
TIME
10 min



COOK
TIME
30 min



TOTAL
TIME
40 min



SERVINGS
3-4

Made with



Quaker® Steel Cut Oats - Quick 3-Minute

6. Remove the pan from the heat and add Parmesan cheese and basil. Season with salt and pepper.