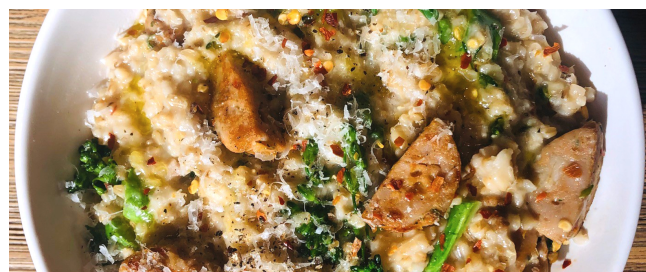


Savory Steel Cut Oats with Chicken Sausage & Broccoli Rabe



Ingredients

- 1 lb broccoli rabe
- 1 cup Quaker® Steel Cut Oats - Quick 3-Minute
- 4 cups low sodium vegetable broth
- 2 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 tsp crushed red pepper flakes
- 3 links spicy chicken sausage, sliced
- 1/4 cup Parmesan, grated
- Sea salt and cracked black pepper, optional

How to make it

1. In a pot of salted boiling water; cook the broccoli rabe until tender, about 3-4 minutes.
2. Drain and cool under cold water.
3. Pat dry on paper towels and then chop.
4. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
5. Add vegetable broth and bring to a boil.
6. Reduce heat to low and simmer, stirring occasionally until oats have thickened, about 20 minutes.
7. While oats are cooking, heat 1 tablespoon olive oil in a skillet.
8. Add sausage and cook until lightly browned.
9. Add another tablespoon olive oil, garlic and red pepper and cook for 1 minute.
10. Add broccoli rabe and cook until tender, about 3-4 minutes.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	35 min	45 min	4

Made with



Quaker® Steel Cut Oats - Quick 3-Minute

11. Combine the sausage and broccoli rabe with oats and mix to combine.
12. Divide among bowls and top with Parmesan.