

Sun-dried Tomato Chicken Sausage Risotto

Servings: 2

Adapted from alfrescoallnatural.com

Ingredients

1/2 package Al Fresco Sun-dried Tomato Chicken Sausage

1/2 tablespoon olive oil

1 tablespoon garlic, minced

3/4 cup rice, uncooked

1 cup mushrooms sliced

1/2 red onion, chopped

1 1/2 cups fat-free, low-sodium chicken broth

1/2 teaspoon basil

Preparation

1) In a large skillet, heat the olive oil.

2) Add chicken sausage and cook over medium heat until browned.

3) Remove chicken sausage from skillet, slice into 4" pieces. Set aside.

4) Add rice and garlic to skillet and cook stirring constantly until rice is lightly browned. Add mushrooms and onions. Continue cooking until mushrooms are tender.

5) Stir in chicken broth and basil. Bring to a boil; cover and simmer for about 15 minutes. Gently stir in chicken sausage and continue simmering until rice is tender.