

Sausage-and-Broccoli Rabe Stoup

Rachael Ray

30 Minute Meals

Servings: 4

salt

pepper

1 large head broccoli rabe, cut into 2-inch pieces

2 tablespoons extra-virgin olive oil

1 pound bulk hot or sweet Italian sausage

1 large onion, chopped

3 cloves garlic, chopped

1/8 teaspoon freshly grated nutmeg

1 container (32 oz) chicken stock

1 can (28 oz) stewed or diced tomatoes, with their juices

1 can (15 oz) white beans, rinsed

1 1/2 cups small short-cut pasta or orecchiette

pecorino-romano cheese (for topping), grated

Bring a medium pot of water to a boil and salt it. Add the broccoli rabe and boil for 3 minutes. Drain and let cool.

In a soup pot, heat the olive oil with two swirls of the pan, over medium-high heat. Add the sausage and cook, crumbling with a spoon, until browned, 3 to 4 minutes.

Stir in the onion and garlic and cook until softened, about 5 minutes.

Season with the nutmeg and salt and pepper to taste.

Add the chicken stock, tomatoes with their juices and two cups of water. Cover and bring to a boil.

Stir in the white beans and cooked broccoli rabe and return to a boil.

Add the pasta and cook, stirring occasionally, until al dente.

Top with the cheese.

Per Serving (excluding unknown items): 247 Calories; 7g Fat (26.1% calories from fat); 12g Protein; 34g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 546mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.