

## Pork

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# Sausage and Mushroom Risotto

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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 44 minutes**

**2 cans (14.5 oz ea) low-sodium chicken broth**

**1/2 pound bulk pork sausage**

**2 tablespoons olive oil**

**1 cup sweet onion, diced**

**10 ounces button mushrooms, sliced**

**2 cloves garlic, chopped**

**1 cup arborio rice**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

**1/2 cup Parmesan cheese, grated**

**1/4 cup fresh parsley, chopped**

Warm the broth in a small, lidded pot over low heat.

Crumble the sausage into a large, nonstick saute' pan over medium heat. Brown for 5 to 7 minutes, breaking apart the meat with a wooden spoon. Transfer the sausage to a medium bowl with a slotted spoon.

Pour the oil into the same pan. Add the onion and saute' for 3 minutes.

Stir in the mushrooms. Saute' for 5 to 7 minutes until they are browned and soft.

Add the garlic and cook for 1 more minute. Transfer the mixture to the bowl with the sausage.

Reduce the heat to medium-low. Add the rice and toast for 1 minute.

Add 1/3 cup of the warm broth. Scrape the brown bits from the bottom of the pan. Bring to a very low simmer. When the liquid is almost absorbed, add another 1/3 cup of broth. Continue adding the broth 1/3 cup at a time, stirring frequently, until it is gone and the rice is tender, about 20 to 25 minutes.

Stir in the cooked sausage-vegetable mixture, salt, pepper, cheese and parsley.

Serve immediately.

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Per Serving (excluding unknown items): 328 Calories; 12g Fat (29.4% calories from fat); 16g Protein; 46g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 359mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.