

Eat Happy Kitchen
Anna Vocino

SAUSAGE AND MUSHROOM “RISOTTO”

(Serves 2)

For this recipe, feel free to substitute any kind of sausage you prefer. I like to use hot Italian sausage when I want to kick up the spice profile.

INGREDIENTS:

- 1/2 pound loose, uncooked Italian pork sausage
- 1/2 cup loosely chopped shiitake mushrooms
- 1/2 cup chopped baby Bella
- Salt and pepper
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 1/2 onion, diced
- 1 12-16 ounce bag cauliflower rice
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon minced fresh rosemary leaves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 jar Eat Happy Kitchen marinara
- 1/2 cup chicken broth (optional, if needed for more moisture)
- 1 tablespoon heavy cream
- 1/4 cup freshly grated Parmesan, plus more for garnish

INSTRUCTIONS:

Heat a large, nonstick pan to medium-high heat and cook sausage until browned, about 4-5 minutes, using a spatula to separate any chunks into

smaller pieces. Add shiitake and baby Bella mushrooms and cook 5-6 more minutes until done through. Season with salt and pepper. Stir in balsamic vinegar, cook 1-2 additional minutes. Remove from heat.

Heat olive oil in a large, flat-bottomed nonstick pan to medium-high heat and cook onion 3-4 minutes until soft and almost translucent. Add cauliflower rice and toss with cooked onion and oil. Let cook 2 minutes. Stir in onion powder, garlic powder, rosemary leaves, dried thyme, and dried oregano. Pour in marinara and chicken broth, stir well. Bring to a boil, then lower heat, cover, and let simmer 15 minutes, stirring occasionally, until cauliflower rice is done through but not overly mushy. Remove cover and let continue cooking 3-5 minutes. Turn off heat and stir in heavy cream and Parmesan cheese. Fold in sausage mushroom mix and serve, garnished with additional fresh parmesan.