

Risotto with Smoked Italian Sausage

Adapted from Everyday Food

Serves 4



- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 tsp garlic, minced
- 1 lb smoked Italian sausage, cut into a ¼ inch dice (can substitute regular Italian sausage)
- 1 cup Arborio rice
- ½ cup dry white wine at room temperature
- 1 28 ounce can diced tomatoes with their juice
- 2 cups chicken stock or broth
- 2 cups water
- 1 tsp Italian seasoning
- 1 9-10 oz bag baby spinach, washed
- ½ cup grated Parmesan cheese
- 1 tbsp butter
- 2 tbsp heavy cream
- Salt and pepper to taste

Combine the tomatoes and their juices, the chicken stock/broth, the water and the Italian seasoning and bring to a bare simmer in a small pot.

Heat the olive oil in heavy saucepan or Dutch oven and add the onions, garlic and sausage. Cook over med heat until the sausage starts to brown and the onions are tender, about 5 minutes.

Add the rice and stir to coat with the oil and cook for about 3 minutes. The rice will start to become translucent around the edges. Add the wine and stir until completely absorbed.

Start adding the tomato/broth mixture about a cup at a time, stirring occasionally, until the liquid is almost absorbed before adding another cup. For the last few additions of liquid, stir the rice almost continually. This will help make the risotto nice and creamy. The total cooking time should be about 25 to 30 minutes, and the rice should be just tender. You may not need all of the tomato/broth mixture.

Remove the pot from the heat and stir in the butter, cream and parmesan. Add the spinach and mix until the spinach is just wilted.

Season with salt and pepper to taste and serve right away.