



## Risotto with Sweet Italian Sausage

This recipe does take a little while to make, but the procedure is not difficult at all. It is important to make this recipe in a large pot with a wide bottom. Though it might seem too big, the large surface area on the bottom of the pot allows the broth and wine to boil off at the correct rate. If your sun-dried tomatoes are not already pliable, rehydrate them for a few minutes in boiling water, then drain, before chopping.

### Ingredients:

3 tablespoons olive oil or garlic-infused oil (divided)	1 12-ounce package pre-cooked, sweet Italian chicken sausage, sliced in 1/4- inch coins
1 cup arborio rice, dry	½ teaspoon red pepper flakes
3 cups low-FODMAP chicken broth	1/3 cup fresh Parmesan cheese, grated
1 cup white wine	½ cup toasted pine nuts
1 medium summer squash, finely chopped (about 1/2 pound)	½ cup sun-dried tomatoes, finely chopped
1 medium red bell pepper, seeded and finely chopped	1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano

### Procedure:

- In a large stockpot or dutch oven, sauté arborio rice in two tablespoons of oil over medium heat until well browned.
- In a large bowl or pitcher, combine the broth and white wine. Add the broth mixture to the rice ½ cup at a time, stirring every minute or two until each portion of liquid has been absorbed. Continue until all the broth mixture is used up and the rice is tender and creamy.
- Meanwhile, in a large skillet, heat the remaining oil over medium heat. Add the squash, pepper, and sausage; sauté until vegetables are tender and sausage is browned. Stir the vegetables and sausage into the fully cooked rice.
- Stir in the pepper flakes, cheese, pine nuts, sun-dried tomatoes and oregano. Serve warm with extra cheese available at the table.

Servings: 4

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.