



Savory Steel Cut Oats with Chicken Sausage & Broccoli Rabe



SERVINGS



COOKING TIME

4

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Switch things up in the kitchen with this recipe for Savory Steel Cut Oats with Chicken Sausage & Broccoli Rabe. This unique recipe is great when you want oatmeal for lunch or dinner. It is light, delicious with gourmet flavors. The creamy steel cut oats and spicy chicken sausage are the perfect combination to balance out the bitter broccoli rabe.

Ingredients

- 1 pound broccoli rabe
- 1 cup [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 4 cups low sodium vegetable broth
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon crushed red pepper flakes
- 3 links spicy chicken sausage, sliced
- 1/4 cup Parmesan, grated
- Sea salt and cracked black pepper, optional

Cooking Instructions

1. In a pot of salted boiling water; cook the broccoli rabe until tender, about 3-4 minutes.
2. Drain and cool under cold water.
3. Pat dry on paper towels and then chop.
4. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
5. Add vegetable broth and bring to a boil.
6. Reduce heat to low and simmer, stirring occasionally until oats have thickened, about 20 minutes.
7. While oats are cooking, heat 1 tablespoon olive oil in a skillet.

8. Add sausage and cook until lightly browned.
9. Add another tablespoon olive oil, garlic and red pepper and cook for 1 minute.
10. Add broccoli rabe and cook until tender, about 3-4 minutes.
11. Combine the sausage and broccoli rabe with oats and mix to combine.
12. Divide among bowls and top with Parmesan.