

Sausage and Butternut Squash Risotto

Ingredients:

1 large butternut squash, seeded, cubed (about 4 cups)
1 lb. ground sausage
1 onion diced
16 oz arborio rice
4 cups chicken stock
1 cup of white wine
1/2 cup grated Parmesan cheese
2 TBS butter
1 TBS olive oil
Salt & Pepper to taste

Directions:

Preheat oven to 425 degrees. Toss cubed butternut squash with oil, salt, pepper in a bowl. Place on baking sheet. Roast for 20-25 minutes until edges are lightly browned.

While squash cooks, brown sausage in a pan, breaking up with a wooden spoon. Drain most of the fat, keeping a small amount for flavor and set aside.

In a large saucepan, sauté onion with butter over medium heat for 3 minutes. Add rice and stir until well coated, about 2 minutes. Add white wine and cook for another minute. Add 1 cup of stock and stir constantly until absorbed. Do this with each cup, waiting until stock is absorbed before adding the next cup. After 4 cups, if you feel like you can still add more liquid, add 1/2 cup of water (or stock) at a time until the rice is creamy and the texture is to your liking.

Once rice is cooked, add squash, sausage, and Parmesan, stirring gently so squash stays intact. Salt and pepper to taste. Serve with a green vegetable like asparagus or Brussels sprouts.