

One Pan Orecchiette Pasta

- 2 Tbsp Olive Oil
- 1/2 - Onion (diced)
- - Salt to Taste
- 8 oz. Vegan Spicy Italian Sausage
- 3 1/2 Cup Vegetable Broth
- 3 1/2 Cup Orecchiette Pasta (Shells)
- 1/2 Cup Arugula or Cilantro (coarsely chopped)
- 1/4 Cup Vegan Parmesan or Nutritional Yeast



- ☐ Heat olive oil in a large, deep skillet over medium heat. Cook and stir onion with a pinch of salt in hot oil until onion is soft and golden, 5 to 7 minutes. Stir sausage into onions; cook and stir until sausage is broken up and browned, 5 to 7 minutes.
- ☐ Pour 1 1/2 cups chicken broth into sausage mixture and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Add orecchiette pasta; cook and stir pasta in hot broth, adding remaining broth when liquid is absorbed, until pasta is cooked through and most of the broth is absorbed, about 15 minutes.
- ☐ Stir Arugula/Cilantro into pasta-sausage mixture until arugula wilts. Ladle pasta into bowls and dust with Vegan Parmesan/Nutritional Yeast.

Yield: Serves 2

Comments: 1) *Excellent one pan meal*