

CABBAGE & ITALIAN SAUSAGE WITH ORZO

PASTA

Prep time: 15 min.

Cook time: 1hr.
Serves: 4-6

Total time: 1hr. 15 min.

One dish meals are fantastic for busy work weeks. Just toss everything together in a baking dish and bake in the oven. Aside from cooking the sausage separately and adding the pasta later on, this flavorful dish is quick and easy to assemble.

1 Tbsp. olive oil
1 lb. mild Italian sausage
½ green cabbage, sliced
1 small red onion, sliced
1 (796mL) can stewed tomatoes
1 cup fresh spinach, chopped (optional)
½ cup chicken stock
¼ Tsp. black pepper
1 ½ Tsp. Italian Herb seasoning
½ Tsp. Caraway seed
½ Tsp. onion salt
Salt to taste
½ cup Orzo pasta
Parmesan cheese (optional)
Feta cheese (optional)



Preheat oven to 375° F. In a sauté pan, over med. heat, add olive oil and brown sausage. While sausage is browning, in a 9x13" baking dish, add cabbage and onion. Toss together. Once sausage is browned, drain grease. Add sausage, tomatoes, chicken stock, spinach and seasonings to cabbage and onion. Combine well. Cover with tinfoil and bake in the oven for about 45 minutes or until the cabbage is tender. Once cabbage is tender, add pasta. Mix, making sure all pasta is submerged in liquid. Cook, uncovered, for another 15 minutes or until pasta is tender. Remove from oven. Serve in bowls and top with cheeses if desired.

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