

Italian Sausage Cauliflower Rice Skillet

For Italian Sausage

1. Heat 1 tablespoon of olive oil in a skillet and over medium-high heat.
2. Add sausage and cook until browned for about 5 minutes, turning links often.
3. Reduce heat to medium-low and carefully add $\frac{1}{2}$ cup chicken broth or water to skillet.
4. Cover and simmer for 10-12 minutes or until sausage reaches the internal temperature of 160°F.
5. Remove from the skillet, place on a cutting board and allow to cool down for about 5 minutes. Slice them and set aside.

For Pesto

1. Combine basil, nutritional yeast, pine nuts, garlic, salt and pepper in food processor.
2. Pulse the ingredients until combined.
3. Remove the lid and scrape down the sides with a spatula.
4. Slowly pour in olive oil while running food processor.
5. Reserve 4 tablespoons to add to the cauliflower rice and the rest place in a mason jar and use for other recipes.

Cauliflower Rice

1. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency. Set aside.
2. In a large skillet add olive oil over medium heat.
3. Add onions and celery and cook until tender about 5 minutes.
4. Add garlic and cook for 30 seconds.
5. Add the cauliflower rice and the vegetable broth. Allow the cauliflower rice to absorb the vegetable broth. Cook until it is soft, but not mushy.
6. Add 4 tablespoons of pesto and mix everything well to combine. Add the cooked Italian sausage and top with fresh basil before serving.

Recipe from:

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