



Sausage and Broccoli Rabe Stoup

READY IN



65 min.

SERVINGS



4

CALORIES



812 kcal

SIDE DISH

Ingredients

- 1 large bundle broccoli rabe
- 1.3 pounds bulk sweet italian hot
- 6 cups chicken stock-in-a-box
- 4 servings top such as ciabatta
- 2 tablespoons thyme leaves fresh chopped
- 3 cloves garlic very thinly sliced finely chopped
- 1 tablespoon lemon zest
- 9 servings grates nutmeg
- 1 tablespoon olive oil extra-virgin

- 1 onion chopped
- 0.8 cup orecchietti pasta
- 4 servings pecorino grated for topping
- 1 chile pepper red very thinly sliced
- 4 servings salt
- 2 cups water

Equipment

- bowl
- frying pan
- ladle
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- In a medium pot, bring a few inches of water to a boil over medium heat, then salt the water. Trim the broccoli rabe and cut it into 1 1/2 to 2-inch lengths. Simmer in boiling water to reduce the bitterness, about 4 to 5 minutes, then cold shock in ice water and drain very well.
- Heat a Dutch oven or large soup pot over medium-high heat with extra-virgin olive oil, a turn of the pan.
- Add the sausage and brown and crumble, 7 to 8 minutes.
- Add the onions, garlic and chile and cook a few minutes more.
- Add the thyme and lemon zest, then add broccoli rabe and season with a little nutmeg. Stir in the stock and the water and bring to a boil. Simmer a few minutes to combine the flavors. Turn off the heat, cool and store for a make-ahead meal. Reheat the stoup over low heat and bring to a low boil.
- Add the pasta and cook to al dente, about 10 minutes. Ladle the stoup in shallow bowls and garnish with cheese.
- Serve with crusty bread for mopping.

Nutrition Facts

PROTEIN 22.14% FAT 59.54% CARBS 18.32%

Properties

Glycemic Index:99.63, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:26.866956503495%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 812.05kcal (40.6%), Fat: 53.26g (81.94%), Saturated Fat: 20.51g (128.16%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32.71g (11.89%), Sugar: 9.62g (10.69%), Cholesterol: 119.79mg (39.93%), Sodium: 2236.62mg (97.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.55g (89.11%), Vitamin K: 131.64µg (125.37%), Vitamin A: 2765.36IU (55.31%), Calcium: 470.04mg (47%), Vitamin C: 38.71mg (46.92%), Phosphorus: 398.69mg (39.87%), Vitamin B3: 7.01mg (35.07%), Selenium: 23.23µg (33.18%), Vitamin B2: 0.53mg (31.14%), Manganese: 0.62mg (31.14%), Vitamin B6: 0.5mg (25.02%), Iron: 4.3mg (23.87%), Folate: 83.32µg (20.83%), Vitamin B1: 0.29mg (19.32%), Potassium: 667.53mg (19.07%), Copper: 0.38mg (18.99%), Magnesium: 67.46mg (16.87%), Fiber: 4.18g (16.7%), Zinc: 2.21mg (14.74%), Vitamin E: 1.7mg (11.31%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.46mg (4.59%)