

Chicken Sausage Orzo Alfredo with Broccoli

Serves: 2-3

Prep time: 5 minutes

Cook time: 20 minutes

INGREDIENTS:

4 chicken sausages, chopped 1/4 inch thick

2 cups broccoli florets

1 cup dry Orzo

1 cup raw cashews, soaked

1.5 cups boiling water

1/8 cup nutritional yeast

2/3 cup Chicken Bone Broth

1 tsp salt

1/4 tsp garlic powder

Nonstick spray

Optional additions: mushrooms, sundried tomatoes,
onion



Serving size: 1 cup of mixture

INSTRUCTIONS:

1. Preheat the oven to 400 degrees and take out a baking sheet.
2. Chop broccoli and chicken sausage and add to the baking sheet. Spray with nonstick spray and season with salt. Cook for 12-15 minutes until broccoli is soft to your liking.
3. Bring a pot of water to a boil on the stove top and cook off 1 cup dry Orzo according to the package directions. Drain and set aside when done.
4. Heat up more water in the microwave and add in the cashews. Let soak for about 10 minutes, then drain.
5. Add the softened cashews to a blender or food processor and blend with nutritional yeast, bone broth, salt and garlic powder until smooth (no chunks should be left).
6. In a large bowl, add cooked Orzo, broccoli, chicken and Alfredo sauce. Toss all together and serve!