

One Pot Orecchiette with Sausage and Broccolini

This One Pot Orecchiette with Sausage and Broccolini (or broccoli, or broccoli rabe) is an easy weeknight recipe packed with Italian flavor!



★★★★★

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Pasta Cuisine: Italian Servings: 6 servings
Calories: 458kcal

Equipment

- Large Pot or Dutch Oven

Ingredients

- 1 lb. ground Italian sausage sweet or hot, casings removed if in links
- 1 onion diced
- 2 cloves garlic minced
- 1/4 teaspoon [crushed red pepper](#) optional, for spice (*omit if using hot sausage*)
- 2.5 cups [chicken broth](#) preferably low sodium, or vegetable broth, or water
- 8 oz. orecchiette or other preferred pasta shape/kind
- 1/2 teaspoon [kosher salt](#) more if needed
- 1 lb. broccolini cut into 1/2" pieces, (*or broccoli, fresh or frozen, or broccoli rabe*)
- grated parmesan, chopped parsley, and fresh cracked black pepper for serving (*optional*)

Instructions

1. Add the sausage (1 lb.) and onions to a large, deep skillet, pot, or Dutch Oven **with a lid** (*make sure it's big enough to add the pasta in later!*). Cook over medium high heat until the sausage has browned and the onions have softened, breaking up the sausage with a wooden spoon as it cooks, about 5 minutes.
2. Turn the heat down to medium and add the minced garlic (2 cloves) and crushed red pepper (1/4 teaspoon) if using. Sauté for 1-2 minutes, until garlic is fragrant. If you find that some of the sausage has stuck to the bottom of the pan, add 2-4 tablespoons of water, chicken broth, or white wine to the skillet, using a wooden spoon to help dislodge any stuck-on bits.
3. Add chicken broth (2.5 cups) and bring to a boil. Add the pasta, along with 1/2 teaspoon kosher salt (*if using water, use 1 full teaspoon, and if using a chicken broth with lots of sodium, omit entirely*).
4. Stir, turn heat down to low, cover, and simmer for 12 minutes (*at this point, the pasta won't be entirely cooked yet*). Add the broccoli, stir, cover, and simmer for another 3-5 minutes, until pasta is fully cooked and broccoli has softened and turned a bright green. (*If it seems a little "soupy" but the pasta is fully cooked, I recommend letting it sit uncovered for 5-10 minutes to allow it to cool, thicken, and the steam to evaporate a bit.*)

5. Serve with fresh grated parmesan cheese, chopped parsley, fresh cracked black pepper, and a little more crushed red pepper if desired.

Notes

- **You can save time by making this traditionally, without one pot.** One pot pastas save on dishes and steps but take a little longer. You can cook the pasta separately in heavily salted water until 1 minute before al dente. While the pasta is cooking, sauté the sausage, onions, garlic, and crushed red pepper as directed. When the pasta is done, use a slotted spoon to transfer it to the skillet along with the broccoli and 1/2 cup pasta water. Let it cook for another 3-4 minutes until the sauce has thickened, the broccoli has softened, and the pasta has finished cooking.
- **If using broccoli rabe**, it will likely take less cooking time, so add it in after 14 minutes and let it cook only for another 1-2 minutes.
- **If using broccoli**, follow the same instructions as for broccolini. **If using frozen broccoli**, add it 1 minute sooner.

Nutrition

Calories: 458kcal | Carbohydrates: 37g | Protein: 21g | Fat: 25g | Saturated Fat: 9g | Cholesterol: 57mg | Sodium: 803mg | Potassium: 393mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1359IU | Vitamin C: 73mg | Calcium: 85mg | Iron: 2mg