

Beef, Mushroom And Greens

Savory Oats

Italian-Style Ground Beef sausage, mushrooms, and parmesan cheese make for a breakfast or brunch chock-full of flavor. Add vibrant and peppery greens to complete the meal.



INGREDIENTS

- 1 recipe Italian-Style Beef Sausage
- 1 cup sliced mushroom mix (such as crimini, baby portabellas, porcini)
- 1-1/2 cup fat-free milk
- 3 cups unsalted beef broth
- 1/4 teaspoon salt
- 1 cup steel cut oats
- 2 cups finely shredded fresh swiss chard
- 1/4 cup shredded Parmesan cheese (additional for garnish)
- 1 teaspoon Worcestershire sauce

45 Min 4 42 Cal 37.3g
 Servings Protein

COOKING

1. Prepare Italian-Style Beef Sausage. Add mushrooms; cook 5 to 7 minutes until mushrooms are soft and begin to brown. Keep warm.
2. In medium saucepan, add milk, broth and salt. Bring to a boil over high heat. Stir in oats, reduce heat; simmer 20 to 25 minutes until oatmeal is tender and most liquid has been absorbed, stirring often.
3. Stir in sausage mixture and Swiss chard to oatmeal mixture. Cook 5 minutes until chard is wilted. Stir in parmesan and Worcestershire; season with salt and pepper, as desired. Divide between four bowls. Garnish with additional parmesan cheese, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		12.1g	80mg		33.8g	37.3g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com