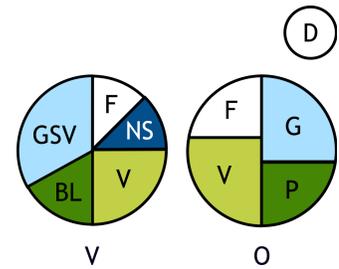


STOVE OR FIRE



One-Pot Sausage and Broccolini Pasta

From *Dirty Gourmet Plant Power: Food for Your Outdoor Adventures* by Aimee Trudeau, Emily Nelson, and Mai-Yan Kwan

Makes 4 servings

Cooking time: 30 minutes

Tools

Camp stove with fuel or 1 bag of charcoal

Large pot

Spoon

Plate or bowl

Chef's Knives

Cutting boards or hiking boards

Measuring spoons

3 large shallots

4 garlic cloves

1 tsp salt

1/4 tsp crushed red pepper flakes, or to taste,
plus more for serving

3 cups water

8 oz pasta, such as penne or orecchiette

2 small bunches broccolini, chopped (about 3
cups)

2 Tbsp Nutty Parmesan, plus more for
serving

Ingredients

2-4 Tbsp avocado oil

4 plant-based Italian sausages, crumbled or
chopped



1. Arrange a relatively clean cooking preparation area away from any raw meat or eggs that you might have and wash your hands.

2. Choose the best knife for the job and peel and dice the shallots.

3. Choose the best knife for the job and mince the garlic.

4. Rinse the broccolini, then choose the best knife for the job and chop it all.



5. Crumble or chop (using the best knife for the job) the sausages.



6. In a large pot over medium-high heat, heat 2 Tbsp of the oil. Add the sausages and cook until lightly browned, 4-6 minutes, adding more oil if needed. Transfer to a plate, leaving any extra oil in pot, and set aside.

7. Add the shallots to the pot and cook over medium heat until softened and slightly browned, about 5 minutes. Stir in the garlic and cook for another minute.

8. Add the salt, crushed red pepper flakes, and water and bring to a boil over high heat.

9. Add the pasta and stir until well combined. Turn down the heat to medium-low, cover, and simmer for 12 minutes.

10. Stir in the broccolini, cover, and continue cooking for a few more minutes, until the pasta is cooked through and the broccolini is bright green.

11. Remove from heat and stir in the crisped sausage and 2 Tbsp of Nutty Parmesan.

12. Serve with additional Nutty Parmesan and crushed red pepper flakes if desired.



13. Put any leftovers into food storage containers and watertight plastic bags and then into the cooler as soon as the food is at ambient temperature.

