

Lunch | Dinner

Weeknight Chicken Ragu

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

20 Mins
Cook Time

4
Servings

672 Calories **32g** Fat **61g** Carbs **38g** Protein



Ingredients

4 Servings **30 Mins** Total Time **Allergens: Dairy, Gluten**

- 2 Tbsp Extra Virgin Olive Oil
- 1 Large Shallot, **washed** and finely chopped
- 1 Small Stalk Celery, **washed** and finely chopped
- 1 Small Carrot, **washed, peeled,** and finely chopped
- 2 Cloves Garlic, **peeled** and minced
- 2 Sprigs Fresh Rosemary, **washed,** leaves stripped & finely chopped
- 1 Cup **Pasteurized** Grated Parmesan Cheese
- 1 Fresh Bay Leaf 2 Tbsp Tomato Paste
- ¼ Tbsp Red Pepper Flakes 1 Tsp Ground Nutmeg
- ½ Cup Vegetable Stock ½ Cup White Cooking Wine
- 1 lb Lean, Ground Chicken **🍗** 2 Cups Tomato Puree
- ¼ Cup Heavy Cream **🥛** 1 lb Rigatoni Pasta

Nourishment Note



🍗 Chicken

Chicken is a great source of protein to help build new and healthy cells.



🥛 Cream

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Allergen Swap

Dairy There is no replacement for the heavy cream in this recipe.

Gluten Replace the regular pasta with a gluten-free version.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Cook Pasta

Bring a large pot of water to boil for the pasta and cook pasta according to instructions. Before draining the water, reserve $\frac{3}{4}$ cup of cooking water.

3. Cook Vegetables

While the water is beginning to boil, to a large, deep skillet, heat the oil over medium-high heat. Add the shallot, celery, carrot, garlic, rosemary, bay leaf, and salt and pepper. Cook, stirring often until the vegetables are soft. About 2 minutes.

4. Stir in Tomato Paste

Stir in the tomato paste, red pepper flakes, freshly grated nutmeg, stock, and wine. Bring the mixture to a boil.

5. Cook Chicken

Add the chicken. Cook, stirring to break up the meat until it's thoroughly cooked through, about 5 minutes. Wash hands and any surfaces that touched raw chicken meat.

6. Add Tomato Puree

Add the tomato puree. Cook until the sauce begins to bubble. Reduce heat to low. Simmer the sauce for about 5 minutes. Stir in the cream. Reduce heat to low.

7. Add Pasta to Sauce & Serve

Add the pasta to the sauce. Remove the bay leaf and serve with parmesan cheese.

8. Store

Refrigerate dish within 2 hours. Dish will keep in the refrigerator for up to 3 days.

9. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups



Large Pot with Lid



Large, Deep Skillet



Colander



Wooden Spoon

Fatigue Buster

- Look for pre-cut celery and carrots in the produce section at your local grocery store.
- Ask a friend or family member to help prepare this dish.

Recipe adapted from: rachaelraymag.com