

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 with soap and water.

### 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 Hands

Wash hands with soap and water.

## What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups



Large Pot with Lid



Large, Deep Skillet



Colander



Wooden Spoon

- 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](https://rachaelraymag.com)