

Italian Sausage Pasta – From the blog Lovebakesgoodcakes.com by Jamie

6 servings

12 oz. whole wheat bowtie or rotini pasta
2 Tbsp olive oil
1 lb. Italian sausage
½ tsp red pepper flakes
½ cup diced onion
4 cloves of minced garlic
1 can (28 oz.) drained and chopped Italian-style tomatoes (We use Red-Gold Brand with Italian seasonings)
1 ½ cups heavy cream
1 cup spinach leaves, cut into strips
Parsley (optional)
Parmesan (optional)

Directions:

Cook pasta according to directions and drain.

While it is boiling, add olive oil, sausage, and red pepper flakes in a large skillet. Crumble sausage and cook through and browned on a high heat. Add the onion and the garlic. Cook until the onion is tender.

Add the tomatoes and heavy cream. Simmer until the mixture thickens (about 10 minutes). Add the spinach and cook an additional 3 minutes. Add the cooked pasta to the sauce and sprinkle with parsley and parmesan if desired.



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- red pepper flakes
- onion
- minced garlic
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- heavy cream
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