

Italian Baked Ziti with Sausage

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-ziti-recipe>

Ingredients:

- 300 grams ziti or penne pasta, Note 1
- 1 tablespoon olive oil
- 3 garlic cloves
- 1 onion brown, white or yellow, finely chopped
- 1 pound pork mince ground, Note 2
- 1 3/8 pounds tomato passata bottle of, / pureed tomato, Note 3
- 1/2 cup water
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon sugar any type
- salt
- pepper
- 3/4 cup mozzarella cheese grated
- 2 teaspoons fennel seeds
- 1 tablespoon paprika any type - all go great with this
- 3 teaspoons red pepper flakes OR 2 tsp cayenne pepper, adjust to taste
- 2 teaspoons onion powder
- 1 teaspoon black pepper
- 1 teaspoon salt table salt

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 65 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 32 grams
7. SaturatedFat: 4 grams
8. Sodium: 1170 milligrams

9. Sugar: 9 grams

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