

# Sweet Italian Sausage Pasta In Cream Sauce

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-saudage-pasta-recipe>

## Ingredients:

- 1 pound pappardelle pasta .....Any thick pasta will work well.
- 2 pounds sweet Italian sausage
- 8 cloves chopped garlic
- 1 chopped onion medium
- 28 ounces plum tomatoes whole
- 6 ounces tomato paste
- 1 cup heavy cream .....Use heavy cream to avoid breaking the sauce.
- 1 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon dried oregano
- 2 tablespoons olive oil
- 3 cups pasta water .....very important
- 1 cup pecorino or grated Parmigiano
- 1/4 cup basil fresh chopped

## Nutrition:

1. Calories: 1240 calories
2. Carbohydrate: 113 grams
3. Cholesterol: 185 milligrams
4. Fat: 59 grams
5. Fiber: 8 grams
6. Protein: 63 grams
7. SaturatedFat: 28 grams
8. Sodium: 2510 milligrams
9. Sugar: 16 grams

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