

# Creamy Tomato and Sausage Fettuccine

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fettuccine-italian-sausage-recipe>

## Ingredients:

- 1 pound fettuccine pasta or you can use spaghetti
- 1 pound italian sausage I used an Italian chicken sausage but you can use turkey or pork too
- 1 shallot chopped, right next to the onions and garlic...you can use a small onion instead if you like
- 3 garlic cloves chopped
- 15 ounces diced tomatoes
- 1 tablespoon italian seasoning
- 8 ounces tomato sauce
- extra-virgin olive oil EVOO
- salt
- pepper
- 3 tablespoons cream whatever you have on hand...whipping cream, heavy cream or even milk
- Parmesan cheese grated to garnish, optional

## Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 107 grams
3. Cholesterol: 100 milligrams
4. Fat: 48 grams
5. Fiber: 7 grams
6. Protein: 36 grams
7. SaturatedFat: 16 grams
8. Sodium: 1340 milligrams
9. Sugar: 12 grams

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