

# Creamy One-Pot Spaghetti with Italian Sausage

Yield: 5 min  
Total Time: 45 min

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

## Ingredients:

- 2 tablespoons cooking oil like olive oil or butter
- 1 medium onion diced
- 1 bell pepper sweet, red, orange or yellow, diced
- 4 cloves garlic minced, about 2 tablespoons
- 1 pound ground Italian sausage hot or mild
- 1 tablespoon fennel seed dried, optional
- 2 teaspoons dried Italian seasoning OR oregano
- 1/2 teaspoon black pepper
- 1/2 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes
- 15 ounces fire roasted diced tomatoes
- 3 cups low sodium broth beef, chicken, or vegetable
- 8 ounces spaghetti dried, broken in half
- 3/4 cup full-fat canned coconut milk OR heavy cream
- 1 tablespoon lemon juice OR vinegar, like white wine vinegar or balsamic vinegar
- 1/2 cup shredded cheese or grated, like Parmesan, mozzarella or an Italian blend - optional

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 80 milligrams
4. Fat: 47 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 20 grams
8. Sodium: 1660 milligrams
9. Sugar: 5 grams

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