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## Baked Penne with Italian Sausage

Yield: 4 min Total Time: 60 min

Recipe from: https://www.recipeschoose.com/recipes/italian-baked-penne-recipe

## **Ingredients:**

- 1 pound Italian sausage mild, casings removed, about 5 links
- 1 onion large, chopped
- 1 green bell pepper chopped
- 2 tablespoons tomato paste
- 28 ounces diced tomatoes canned
- 1 cup chicken broth low sodium
- 1 teaspoon oregano dried
- 1 teaspoon basil dried
- 1/2 teaspoon thyme dried
- 1/2 teaspoon fennel seed
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon pepper
- 10 ounces green peas frozen
- 12 ounces penne dry, or ziti
- 2 cups mozzarella cheese shredded

## **Nutrition:**

Calories: 1010 calories
Carbohydrate: 91 grams
Cholesterol: 130 milligrams

4. Fat: 50 grams5. Fiber: 10 grams

6. Protein: 47 grams

7. SaturatedFat: 20 grams8. Sodium: 1580 milligrams

9. Sugar: 16 grams

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