

Penne with Chicken Ragù

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons olive oil
- 2 carrots peeled and chopped
- 1 yellow onion chopped
- 2 tablespoons salt plus more, to taste
- freshly ground pepper to taste
- 1/2 cup marsala sherry or other fortified wine
- 14 1/2 ounces plum tomatoes crushed
- 1 cup chicken broth
- 2 cups chicken shredded braised, see related recipe at left
- pasta
- 1 pound penne
- 1/2 cup parmigiano reggiano cheese grated

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 80 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 47 grams
7. SaturatedFat: 4 grams
8. Sodium: 3880 milligrams
9. Sugar: 10 grams

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