

# One Pan Italian Sausage and Pepper Pasta

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 packages italian sausage 10 sausages total
- 1/4 cup water
- 1 red bell pepper sliced
- 1 green bell pepper, sliced
- 1/2 Vidalia onion large white, or one small cooking onion, sliced
- 4 cloves garlic minced
- salt
- pepper
- 4 cups chicken broth
- 3 cups marinara sauce
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon chili pepper crushed
- 1/4 teaspoon thyme
- 1 pound penne pasta

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 122 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 2 grams
8. Sodium: 1070 milligrams
9. Sugar: 23 grams

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