

Why Go Out When We Can Stay In? Balsamic Veggie Pasta

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 onion finely diced
- 8 ounces mushrooms sliced
- 1 red bell pepper diced
- 2 cups broccoli fresh or frozen
- 2 cups green beans fresh or frozen
- 1 teaspoon minced garlic
- 4 tablespoons artichokes chopped, I use the ones soaked in oil—they're scrumptious
- 1 package Italian sausage field roast
- 2 tablespoons balsamic vinegar per serving pour this on after you've cooked it
- avocado oil for cooking
- salt
- pepper
- pasta choice I like whole wheat rotini

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 28 grams
3. Fiber: 6 grams
4. Protein: 7 grams
5. Sodium: 230 milligrams
6. Sugar: 8 grams

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