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Italian Sausage & Mushroom Rigatoni

Yield: 4 min Total Time: 90 min

Recipe from: https://www.recipeschoose.com/recipes/italian-sausage-mushroom-recipe

Ingredients:

- 10 ounces rigatoni
- 2 tablespoons olive oil
- 1 pound Italian sausage
- 1 carrot minced
- 1 yellow onion minced
- 8 garlic cloves minced
- 10 ounces mushroom sliced
- 28 ounces crushed tomato canned
- 2 teaspoons rosemary
- 2 teaspoons oregano
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons black pepper
- salt
- 1/4 cup Parmesan cheese grated

Nutrition:

- Calories: 680 calories
 Carbohydrate: 42 grams
- 3. Cholesterol: 115 milligrams
- 4. Fat: 44 grams5. Fiber: 6 grams
- 6. Protein: 29 grams
- 7. SaturatedFat: 14 grams8. Sodium: 1410 milligrams
- 9. Sugar: 3 grams

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