

Bow Ties in Sausage and Pepper Sauce

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-with-bow-ties-recipe>

Ingredients:

- 6 ounces bow-tie pasta dried
- 12 ounces sweet italian sausage links, cut into 3/4-in. slices
- 1 onion cut into thin wedges
- 2 sweet peppers green, yellow and/or red, cut into thin strips
- 14 1/2 ounces diced tomatoes CONTADINA® Recipe Ready
- 8 ounces garlic CONTADINA®, & Onion Tomato Sauce
- 2 tablespoons grated Parmesan cheese

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. Sodium: 45 milligrams
8. Sugar: 6 grams

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