

# Italian Turkey Sausage Skillet

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-to-make-italian-turkey-sausage>

## Ingredients:

- 6 ounces egg noodles
- 1 pound Italian turkey sausage
- 2 tablespoons olive oil
- 1 white onion small, diced
- 1 garlic clove thinly sliced
- 1/2 cup milk
- 2 cans cream of tomato soup
- 1 tablespoon Italian seasoning
- 1 teaspoon fresh parsley chopped plus more for garnish
- 1/4 cup grated Parmesan cheese plus more for garnish
- salt
- pepper

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 105 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 3 grams
8. Sodium: 1380 milligrams
9. Sugar: 7 grams

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