

Sausage & Pepper Pasta

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 9 1/2 ounces Italian sausage hot, sweet, or mild \$1.99
- 1 tablespoon vegetable oil \$0.02
- 2 green bell peppers medium, \$1.50
- 1 red bell pepper medium, \$1.50
- 1 yellow bell pepper medium, \$1.50
- 1 yellow onion or medium white, \$0.85
- 2 cloves garlic \$0.16
- 28 ounces petite diced tomatoes \$1.69
- 1/2 tablespoon dried basil \$0.07
- 1/2 tablespoon dried oregano \$0.07
- 1/4 teaspoon crushed red pepper optional \$0.03
- 1 teaspoon salt or to taste \$0.05
- 3/4 pound pasta rigatoni or your favorite shape \$1.32

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 50 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 1090 milligrams
9. Sugar: 6 grams

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