

Sausage Penne Pasta

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-penne-recipe>

Ingredients:

- 3 1/2 cups penne pasta uncooked
- 1/2 pound italian sausage links, casing removed and cut into 1-inch pieces, I used mild
- 1 onion small, halved and sliced
- 1/2 green pepper medium, sliced
- 1 tablespoon olive oil
- 14 1/2 ounces diced tomato with garlic, I used the fire roasted ones
- 8 ounces tomato sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- grated Parmesan cheese

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 670 milligrams
9. Sugar: 8 grams

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