

Italian Sausage and Veggie Bowls

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 8 cups veggies chopped, , I used 2 cups cherry tomatoes, 1 bunch asparagus, 1 red bell pepper, 1 small red onion, 1 yellow bell peppe...
- 3 tablespoons olive oil
- 2 tablespoons italian seasoning homemade or store-bought
- 1 teaspoon garlic powder
- salt
- pepper
- 1 pound italian sausage or smoked sausage , I used Italian chicken sausage
- 1 batch orzo pasta Garlic Parmesan, , see below
- grated Parmesan cheese optional
- fresh parsley optional
- 1 pound orzo pasta uncooked
- 2 tablespoons olive oil
- 2 cloves garlic minced
- 2 tablespoons flour
- 2 cups milk
- 1 cup grated Parmesan cheese
- salt
- pepper

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 80 milligrams
4. Fat: 43 grams
5. Fiber: 6 grams
6. Protein: 34 grams

7. SaturatedFat: 14 grams
 8. Sodium: 1170 milligrams
 9. Sugar: 8 grams
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