

Pepper Pasta with Italian Sausage

Recipe by A Kitchen Hoor (@flowerfroggirl)



Yield: 6

Ingredients

- 1 cup onion, chopped
- 20 ounces Italian turkey sausage
- 2 cups bell pepper, thinly sliced
- 28 ounces spaghetti sauce
- 8 ounces roasted bell pepper
- 8 ounces pasta, cooked
- 2 teaspoons garlic salt

Cooking Directions

1. Heat a nonstick skillet coated with cooking spray over medium-high heat. Add onions and peppers and saute until soft. Remove from heat and keep warm.
2. Using kitchen shears, cut the sausage into bite sized pieces and cook 5 to 7 minutes or until browned on all sides.
3. Add peppers and saute 2 to 3 minutes or until peppers are heated through.
4. Drain and puree the roasted red peppers in a food processor. Add spaghetti sauce, pureed peppers and garlic salt. Simmer 10 to 15 minutes or until sausage is cooked through.
5. Cook pasta according to package directions omitting salt and fat. Top with sausage mixture and serve.