



# One-Pot Sausage And Peppers Pasta

**Andrew Ilnyckyj**

Tasty Team

## Ingredients

for 4 servings

1 lb farfalle pasta (455 g), or any short pasta

1 tablespoon olive oil

3 hot italian sausages

3 sweet italian sausages

1 red bell pepper, large, diced

1 green bell pepper, large, diced

1 yellow bell pepper, large, diced

½ white onion, sliced

2 cloves garlic, sliced

28 oz diced tomato (795 g)

1 teaspoon oregano

1 teaspoon salt

1 teaspoon black ground pepper

## Nutrition Info

Powered by 

Calories **901**

Fat **35g**

Carbs **110g**

Fiber **9g**

Sugar **17g**

Protein **36g**

Estimated values based on one serving size.

## Preparation

- 1** Bring a large pot of water to a rolling boil, add a generous amount of salt, and cook pasta 2 minutes less than the package instructions.
- 2** Strain pasta and set aside. Toss with a small amount of oil to prevent sticking
- 3** In the same pot, heat 1 tbsp of olive oil and fry sausages, working in batches as needed, until deeply browned on all sides.
- 4** Remove sausages, slice in  $\frac{3}{4}$ -inch (2 cm) rings, and set aside.
- 5** Sauté all of the bell peppers, onion, and garlic for about 2 minutes.
- 6** Add the canned tomatoes, all of the spices, and the sausage slices to the pot.
- 7** Simmer about 10 minutes.
- 8** Add the pasta back to the pot and stir gently until all the ingredients are coated in the sauce. Continue simmering until pasta is al dente.
- 9** Serve with grated parmesan.
- 10** Enjoy!