

Penne Pasta with Broccoli and Sausage

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This is a classic combination of sausage and broccoli. Tender broccoli paired with delicious Italian sausage and covered in slightly spicy tomato sauce. Try it out, so good! Serves 4.

Ingredients:

1 small onion, chopped
2 tablespoons olive oil
1 clove garlic, sliced
1/2 pound bulk Italian sausage
1/2 teaspoon red pepper flakes, optional
1 teaspoon dried oregano
1 teaspoon dried basil
1 head of broccoli, cut into florets
8 ounces penne pasta
1 16-ounce jar tomato sauce
salt and pepper, to taste
1/2 cup shredded Parmesan cheese, optional

Directions:

1. In a medium saute pan over medium heat cook the onions with the olive oil until translucent, about 5 minutes.
2. Add the garlic and cook until fragrant, about 3 minutes.
3. Add the sausage and cook until browned and cooked through, about 8 minutes. Add the red pepper flakes and herbs.
4. Add the tomato sauce and turn down to low heat. Stir to combine.
5. Bring a large pot of well salted water to a boil. Add the broccoli and cook until tender. Remove from the water with a slotted spoon and place into the sauce. Taste the sauce and season with salt and pepper.
6. Add the pasta to the water and cook until tender, about 8 minutes or according to package instructions.
7. Strain the pasta and place in a large bowl. Pour the sauce over with the broccoli and sausage and toss to combine. Garnish with Parmesan cheese.

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