

Penne and Italian Sausage
Submitted by Alison McIntosh

1 lb. Sweet Italian Sausage
1 onion, chopped
1 clove garlic, minced
1 tsp. Italian seasoning
1/4 tsp. crushed red pepper, or to taste
1 tbsp cornstarch
2 cups milk
1 large can. 540 mL tomatoes, chopped or diced
2 cups mushrooms (halved)
1 each red, green, yellow pepper, cut into slices
½ lb./250 g Penne pasta
1 cup grated Mozzarella Cheese

Cut sausage into 1" pieces. In a large fry pan, cook sausages over medium-high heat until browned on all sides. Add onion, garlic, Italian seasoning and crushed red pepper. Cook until onion is tender. Add mushrooms and peppers and cook slightly until tender. Stir in corn starch. Add milk, stir until mixture comes to a boil and thickens. Add tomatoes and Penne. Return to a boil, cover and simmer for 15 minutes or until pasta is tender. Stir in Mozzarella cheese and serve.

Serves 4 to 6 people.

For the adventurous: try seasoned canned tomatoes. Add 1/2 to 1 tsp chili powder when browning sausage.