



## Chicken Sausage Pasta with Peppers and Tomatoes

1 package cooked Italian chicken sausage (12 oz)  
1 teaspoon olive oil  
1 tablespoon fresh garlic, minced  
2 cups frozen peppers and onions blend  
2 cups canned diced tomatoes  
1 cup small penne pasta  
1 cup water  
1 teaspoon Italian seasoning

- 1) Cut sausage into circles
- 2) Heat a large sauce pan until hot but not smoking
- 3) Spray pan with 1 teaspoon of olive oil
- 4) Add sausages to pot
- 5) Stir sausages until they are light brown
- 6) Add the peppers
- 7) Tomatoes
- 8) Pasta
- 9) Water
- 10) Italian seasoning
- 11) Stir to combine
- 12) Bring mixture to a boil
- 13) Cover pot with lid and turn heat to low
- 14) Set timer for 20 minutes

**Serves 4**

\* Chef Laurie Tip: You may add some diced mozzarella cheese and some fresh basil at the last minute