

## CHORIZO PASTA

This pasta dish makes a perfect, delicious weeknight meal. It all cooks in one pot and is ready in no time. Serve with an assortment of steamed green vegetables such as broccoli, snow peas and beans.

### Yield

4 servings

### Ingredients

¾ lb	chorizo sausage, cut into ¼ inch thick slices	375 g
1 tsp	olive oil	5 mL
1	onion, chopped	1
1	garlic clove, minced	1
1 tsp	Italian seasoning	5 mL
¼ tsp	crushed dried chillies	1 mL
1 Tbsp	cornstarch	15 mL
3 cups	milk	750 mL
1-14 oz can	diced tomatoes undrained	398 mL
3 cups	penne pasta	750 mL
¼ tsp	salt	1 mL
1 cup	shredded mozzarella cheese	250 mL

### Directions

Cook sausage in large pot on medium-high for about 5 minutes until well browned. Remove sausage from pan and drain on paper towel. Drain any fat from pot. Heat oil in same pot over medium-high heat. Add onion, garlic, seasoning and crushed chillies. Cook for about 5 minutes until onion is softened. In small bowl, combine cornstarch and 1 Tbsp of milk. Add to onion mixture along with remaining milk. Stir until well blended. Stir in tomatoes and pasta. Cover and bring to boil. Reduce heat to medium-low. Simmer for about 20 minutes stirring occasionally until pasta is tender. Remove from heat. Add cheese and stir until well combined.

### Nutrient Content

Per Serving: Energy: 679.2 Kcal · Carbohydrate: 85.0 g · Protein: 39.9 g · Fat (Total): 19.6 g · Calcium: 514.7 mg