

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