

Sausage Pasta

with Sun Dried Tomatoes
and Spinach

Serves 6

Prep Time: 5 Minutes
Cook Time: 25 Minutes
Total Time: 30 Minutes



INGREDIENTS

1 lb **Pasta**
1 lb **Chicken Sausage**
1/2 **Red Onion**, chopped
1 Packaged **Mixed Mushrooms** (Optional)
1/2 Stick of **Butter**
1/2 Cup **Sun Dried Tomatoes**, julienne cut
1/4 Cup **Flour**
1/2 Cup **Chicken Stock**
1/2 Cup **Milk**

DIRECTIONS

STEP 1: Bring a Large pot of Salted Water to boil. Cook Pasta according to package directions.

STEP 2: Remove Sausage from Casing, cook until all pink is gone. Approximately 10 Minutes. Once cooked, remove from pan and set aside.

STEP 3: Heat Olive oil in pan. Add Onion, Mushrooms and Sun Dried Tomatoes. Cook until onions are translucent. Approximately 5 minutes. Add flour and cook for another 2 minutes.

STEP 4: While veggies cook, place chicken stock and milk in a microwave safe cup. Heat on high for 30 seconds. (Just enough to get the chill out of the milk)

STEP 5: Add Spinach to the pan and stir. Add Chicken Stock/Milk mixture. Cook on medium until sauce is thickened.

Step 6: Add Cooked pasta to the pan. If needed you can add some of the pasta water to loosen the sauce. Garnish with shaved Parmesan cheese and basil.