

Italian Sausage Spaghetti Recipe



There is so much flavour in this dish from the tomatoes, garlic and Italian sausage that there is no need to add extra seasoning making this a healthy option for all the family.

Ingredients

- ♦ 4 Italian sausages
- ♦ 1 onion, chopped
- ♦ 2 cloves of garlic
- ♦ 1 jar of Tomato and Garlic Sauce for Pasta
- ♦ Olive oil
- ♦ 1 lb (16 oz) spaghetti pasta
- ♦ Salt
- ♦ Grated Parmesan cheese

Serves 4-6

To Cook

The Sauce

Take the Italian sausage meat out of the sausage casings. Break up into pieces and brown the sausage meat in a large skillet on medium high or high heat with a little olive oil. In a separate skillet sauté the onions and garlic until the onions are translucent. Add the jar of tomato and garlic sauce to the skillet with the sausage meat. Add the cooked onions and garlic.

The Pasta

Fill a large stock pot at least half full with water and bring to a boil. Add a tablespoon of salt. Slowly add the pasta, stirring to prevent clumping. Allow the water to come to a boil again. Cook, uncovered, with a fairly vigorous boil, for as long as the directions on the pasta package say, usually about 10-12 minutes. When pasta is al dente (cooked but still a little firm), remove the pot from the heat. Add a cup or two of cold water to the pasta to stop the cooking. Drain the water from the pasta through a colander. Place the pasta in a serving bowl. Serve immediately. Garnish with grated Parmesan cheese.