

Creamy Sun-dried Tomato Pesto and Italian Sausage Pasta

Ingredients

- 1 pkg Mild Italian Sausage
- 170g (6oz) rigatoni
- 1 Zucchini
- 2 handfuls Baby Spinach
- 1 small Onion
- 2 cloves Garlic
- 1 1/2 tbsp Chicken Broth Concentrate
- 1/2 cup Sundried Tomato Pesto
- 1 tbsp Flour
- (possible) 1/4 tsp onion powder
- 1/2 cup Milk
- Parmesan (for sprinkling)
- Chili flakes (for sprinkling)

Preparation

1. Add 10 cups of water and 2tsp salt to a large pot
2. Add rigatoni and cook to package directions
3. Reserve 1/4 cup pasta water and drain. Return pasta to same pot, off heat
4. Roughly chop spinach. Cut zucchini into 1/2 inch rounds and quarter. Dice onions 1/4 or 1/2
5. Heat a large pan over medium high heat. Add 1/2tbsp oil and zucchini, cook to tender crisp.
6. Season with salt and pepper, and set zucchini aside
7. Heat the same pan over high heat. Cook meat until no pink remains.
8. Add onions and cook for another couple of minutes as the meat gets crispy.
9. Add garlic/salt/pepper/onion powder and cook until fragrant, 30 seconds
10. Add flour and stir until coated
11. Add milk, broth concentrate, pesto to the pan

12. Bring to a simmer and cook until sauce thickens, 1-2 minutes
 13. Add zucchini and spinach. Cook, stirring often, until spinach wilts
 14. Add sauce, reserved pasta water to rigatoni
 15. Serve and sprinkle parmesan/chili flakes over top.
-

Revision #1

Created Thu, Sep 21, 2023 12:20 AM by [Barbara](#)

Updated Thu, Sep 21, 2023 12:36 AM by [Barbara](#)