



ITALIAN SUASAGE PASTA CASSEROLE PREPERATION

Ingredients

- (1 ½) lb. Italian Sausage (steamed for 10 min and cut into 1" pieces)
- (2) green peppers (chopped)
- (2) onions (chopped)
- (1) 6oz. can mushrooms (drained)
- (1) clove minced garlic OR (1) tsp. garlic powder
- (1) 28oz. can tomato sauce
- (1) tsp. salt
- (1) tsp. pepper
- (1) tsp. Italian seasoning
- (1) lb. Package of pasta (penne or ziti, cooked)

Directions

1. In one large pan with (1) TBLS oil stir in garlic
2. Add cooked up sausage, onions, peppers & mushrooms
3. Cook for 5 min and stir constantly
4. Add tomato sauce & seasonings and cook for 5 more min
5. Spray casserole pan with "PAM" or cooking spray and add pasta
6. Pour Sauce over pasta
7. Cover in aluminum foil and freeze