

Protein Pasta, Sausage & Veggies

- 3/4 lb of Protein Pasta
- 3 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1 lb turkey sausage
- 5 cloves garlic, minced
- 6 Tablespoons tomato paste
- 2 cups chicken broth (Or two cup water with chicken bouillon cube)
- 2 small zucchini, diced
- 1 cup chopped peppers
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- freshly grated Parmesan cheese

1. Bring a large pot of salted water to a boil over medium-high heat.
2. Add oil to a large, wide pot and bring to a simmer over medium heat. Add in the onion and cook until the onion is very soft, about 10 minutes. Add in the sausage and, using a wooden spoon, break it into small pieces. Cook until sausage is brown and no pink color remains.
3. Add in the garlic and cook for 1 minute, or until fragrant. Stir in the tomato paste.
4. Stir in the zucchini and peppers and cook for 5-10 minutes with lid on while stirring occasionally.
5. Add in the chicken broth and season with salt and pepper.
6. In the meantime, add the pasta to boiling water and cook as directed on box.
7. Drain the pasta. Toss the pasta immediately into the pot with the sauce and stir well to combine. Add some of the parmesan cheese, stir till melted.

8. Remove from heat and divide among serving bowls. Top with more cheese as directed and serve.
9. Enjoy!! And makes amazing leftovers!