

Idiot's Kitchen Recipe – Hearty Sausage & Pumpkin Pasta

Recipe from idiotskitchen.com – Adapted from Publix



Ingredients:

2 Tablespoons olive oil
1 cup onion, finely chopped
1 cup bell pepper (red, orange, or yellow) finely chopped
1 pound chicken Italian sausage, casings removed if in links
1 (14.5 oz) can diced tomatoes – fire roasted preferred
1 cup (plus extra as needed) chicken broth – low sodium preferred
1 ½ teaspoons dried basil
1 ½ teaspoons dried oregano
1 bay leaf
Large pinch red pepper flakes
1 (14 oz.) can pumpkin puree
Dash cinnamon
Salt & Pepper to taste

Heat 2 Tablespoons of olive oil in a large pot over medium high heat. Add chopped onions and chopped bell peppers and sauté 3-5 minutes. Remove the sausage from casings and add to the pot. Cook 5 minutes, using a spatula or large spoon to break up the sausage, until no pink remains.

Add 1 (14.5 oz) can diced tomatoes and their juices and 1 cup chicken broth. Reserve the remaining chicken broth in case you need to thin the sauce later.

Season with 1½ teaspoons each dried oregano and dried basil, 1 bay leaf, a pinch of red pepper flakes, and a dash of cinnamon. Add 1 teaspoon each salt and pepper or more/less to taste.

Stir in 1 (14 oz.) can of pumpkin puree. Add additional chicken stock as needed to create a saucy consistency. (I usually use ¾ of the can of chicken broth.) Stir to combine, bring to a boil then reduce the heat to low, cover and simmer for 15-20 minutes. Longer cooking creates even better flavor. Taste and adjust salt & pepper.

Prepare pasta per package instructions. Serve the sauce over the pasta and garnish with shavings of parmesan or romano cheese or dollops of goat cheese.

Makes 6 servings and is great leftover.

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