

Pasta & Broccoli Sausage Simmer

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Servings: 8

Start to Finish Time: 30 minutes

3 cups uncooked spiral pasta

2 pounds smoked kielbasa or Polish sausage, cut into 1/4-inch slices

2 medium bunches of broccoli, cut into florets

1 cup red onion, sliced

2 cans (14 1/2 oz each) diced tomatoes, undrained

2 tablespoons minced fresh basil or 2 teaspoons dried basil

2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes

2 teaspoons sugar

Cook the pasta according to package directions.

Meanwhile, in a Dutch oven, saute' the sausage, broccoli and onion for 5 to 6 minutes or until the broccoli is crisp-tender.

Mix in the tomatoes, basil, parsley and sugar.

Cover and simmer for 10 minutes.

Drain the pasta. Stir into the sausage mixture.

Per Serving (excluding unknown items): 21 Calories; trace Fat (6.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.