

Italian Skillet Penne



Sirve:

8-10 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

Ana Perez

[Agregar un Comentario](#)

1 lb

hot Italian sausage

(454

g)

6 garlic cloves, shredded, use Cone #1

1 medium

onion, strung, use Cone #2

16 oz

tomato sauce

(454

g)

14.5 oz

petite diced tomatoes

(411

g)

½ tsp

red pepper flakes

(1

g)

18 oz

penne pasta

(510

g)

4 ½ cups

water

(1.01

L)

¾ cup

heavy cream

(180

ml)

1 cup

Pecorino Romano cheese, shredded, use Cone #2

(100

g)

1 ½ cups

mozzarella cheese, shredded, use Cone #2

(170

g)

Preparación :

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, add sausage and cook until browned.
2. Add garlic and onions, and sauté for 3-4 minutes until softened.
3. Add tomato sauce, diced tomatoes, red pepper flakes, Italian seasoning, pasta, water and heavy cream. Stir to combine and cover.
4. When the Vapo-Valve™ begins to click steadily, reduce heat to low and cook 15-20 minutes until pasta is al dente.
5. Add Pecorino Romano and stir to combine.
6. Sprinkle mozzarella cheese over top and cover. Cook for an additional 2-3 minutes to allow cheese to melt.
7. Serve warm.

Información nutricional por ración

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Calorías: 362
Grasa Total: 8g
Grasa 3g
Saturada:
Colesterol: 11mg
Sodio: 636mg
Carbohidratos: 26g
Fibra 12g
Dietética:
Azúcar: 2g
Proteína: 18g