



Noreen's Kitchen

Rotini, Italian Sausage & Broccoli

Skillet Supper

Ingredients

1 pound (6 links) Italian Sausage	2 tablespoons olive oil
1 pound Rotini or other short cut pasta	2 tablespoons butter
1 pound frozen broccoli florets	1/2 teaspoon red pepper flake
6 cloves garlic, sliced super thin	1 teaspoon cracked black pepper
1 cup grated parmesan cheese	

Step by Step Instructions

Cook pasta in boiling water according to box directions.

Heat olive oil in a large, heavy bottomed skillet over medium heat.

Remove the casings from the sausage.

Place sausage in skillet and break up and brown well as if you were cooking ground beef.

When sausage is nearly cooked and just a bit browned, add garlic and red pepper flakes to the pan and stir well.

Allow to cook for a few minutes for the garlic to soften.

About three minutes before the pasta is done, add the frozen broccoli to the pot to heat through.

Drain pasta and broccoli keeping about 2 cups of the cooking liquid for the finished dish.

Add 1 cup of the pasta water to the skillet with the sausage. Stir well.

Add pasta and broccoli to the skillet along with the parmesan cheese.

Stir well, and incorporate everything fully. If you find that you need extra liquid add it at this time.

Add black pepper and serve with more parmesan cheese to top off this amazing meal.

Leftovers can be stored in an airtight container and should be eaten within 1 week.

ENJOY!