

# 3 Ingredient Easy Italian Dinner

HolisticQ Signature Recipe

Serves 6

Italian Sausage is our ingredient of the week. We chose mild Italian sausage for this recipe. This sauce is very simple. We like it better than a complicated spaghetti sauce! Simply Italian Sausage and tomatoes!

Ingredients:

2 pounds raw sweet Italian sausage, bulk or links

2 15oz cans Fire Roasted diced tomatoes

16oz package of your favorite pasta

Make the recipe!

- Divide all of the sausage into bite size pieces and brown in a heavy skillet over medium-high heat. If needed you may use a couple tablespoons of olive oil to help with the meat sticking to the skillet.
- When the meat is browned, add the 2 cans of diced tomatoes, including the liquid. Lower heat to medium-low. Simmer covered for 30 minutes.
- Uncover and continue simmering for 15 to 20 minutes to reduce the liquid to your desired consistency.

Serve immediately over your favorite pasta! We used organic Brown Rice pasta. Garnish with Parmesan cheese and fresh parsley leaves.