



Sausage with Vegetables & Pasta

directions

1. Cook penne pasta in pot of salted water to your liking. Drain and set aside.
2. In pan brown cut up links until golden brown over med-hi heat.
3. To same pan add onions and bell peppers. Cook for a couple of minutes until softened.
4. Stir in black beans, corn and water or broth. Bring to simmer for a few minutes.
5. Add Italian seasoning, salt, and pepper to taste.

notes

You can use any type of short pasta such as bow tie, rotini, or even elbow macaroni for this easy and delicious recipe.

Try this recipe with any of your favorite beans such as kidney, cannelloni, or great northern.

Try this recipe using Swaggerty's 1930 Family Recipe "Hot" Sausage if your family likes their dishes a bit more spicy.

to serve

Add penne pasta to hot sausage mixture. Serve with a sprinkling of tomatoes and Parmesan cheese.



6

servings

20 min

prep time

12 - 24 min

cook time

ingredients

Swaggerty's Farm All Natural sausage links, 12, each cut into 3 pcs

1/2 lb penne pasta

1/4 cup chopped onions

1/2 cup slivered or chopped bell peppers - red, orange, or yellow

1 can black beans, rinsed, and drained

1 cup fresh or frozen corn kernels

1/2 cup water or chicken broth

1 tbsp Italian seasoning

Salt and pepper to taste

Garnish: 1 cup halved cherry or grape tomatoes

Garnish: 1 cup shredded Parmesan cheese

Pairs well with: A light white wine, salad of greens with a vinaigrette dressing, crusty bread

Special Kitchen Tools: N/A