**Penne with Sausage and Tomato**

250 mL Penne Noodles 1/2 mL Pepper

10 mL Oil 1 Italian sausage

1/4 mL Onion, diced 250 mL Diced tomatoes

1/4 Red pepper, diced 25 mL Tomato sauce

1/2 mL Red pepper flakes 25 mL Parsley, chopped

1/2 mL Salt 25 mL Parmesan

**METHOD**:

1) Bring a large pot of water to boil. Cook penne until al dente.

2) Heat oil in frying pan over medium heat.

3) Remove casing from sausage and crumble into hot frying pan. Add diced onion, red pepper, and hot pepper flakes. Cook until sausage is no longer pink.

4) Drain and chop tomatoes. Save 25 mL of the liquid from the tomatoes and throw away the rest.

5) Add tomatoes, 25 mL reserved liquid, tomato sauce, salt and pepper to the pan. Bring to a boil.

6) Reduce heat to low and simmer for 5 minutes until slightly thickened. Stir in parsley.

8) Combine cooked penne noodles with sauce and toss.

9) Serve and garnish with parmesan.