

# Garden Veggie Pasta with Italian Sausage

Recipe from the kitchen of the **Simplify For More** Blog

## Ingredients:

Onion, chopped

Zucchini, chopped

Yellow Squash, chopped

Italian Sausage (We usually only use one Italian sausage to make it stretch)

Can of Tomatoes, diced

Spinach

Italian Seasoning - oregano, basil, parsley, whatever you have on hand

Garlic

Salt and Pepper

Parmesan cheese to top

Noodles, your choice or what you have on hand

## Directions:

1. Heat olive oil in a large pan over medium high heat.
2. Cook chopped onions through until translucent and caramelized.
3. Add zucchini and yellow squash to the pan and season with italian seasoning, garlic, salt, and pepper. Continue to cook for a minute or two.
4. Push veggies to the outside of the pan. Cook the Italian sausage until fully cooked through. As you cook the sausage, break it up into little pieces. Once fully cooked, stir all of the pan ingredients together.
5. Add a can of diced tomatoes and spinach to the pan. Continuously stir the mixture and season to taste.
6. Cook noodles as directed on the box.
7. Combine the veggie and meat mixture with noodles and top with parmesan cheese.