

## Bow Tie Pasta Primavera with Italian Sausage and Ground Beef



Prep Time: 20 min.

Cook Time: 30 min. total

Servings: 8

### INGREDIENTS:

- 1 (16 ounce) package uncooked farfalle (bowtie) pasta
- ½ pound sweet Italian sausage (*not* in sausage casing)
- ½ lb ground beef
- ½ cup olive oil, divided
- 4 cloves garlic, diced (I used minced garlic from a jar - not dried)
- ½ onion, diced
- 1 ½ cups frozen broccoli florets, thawed
- 1 cup frozen cauliflower, cut into smaller pieces
- about 15 baby carrots, sliced
- 1 can (14.5 oz.) diced tomatoes
- ¾ green pepper, chopped
- ¾ red pepper, chopped
- 20 leaves fresh basil (dried basil will NOT do!), cut into pieces
- 2 to 3 teaspoons chicken bouillon powder or granules
- ½ teaspoon red pepper flakes
- ½ cup grated Parmesan cheese

### DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Place farfalle in pot and cook 8 to 10 minutes until al dente; drain. (You may want to toss with a bit of oil, so it doesn't clump together as it cools.)
2. Spray a large skillet with cooking spray. Place the sausage and ground beef in the skillet and cook over medium heat until evenly browned. (I break the sausage into smaller chunks as it cooks.) Put the cooked sausage into a bowl and set aside.
3. Heat ¼ cup of olive oil in the large skillet. Stir in the garlic and onion, and cook until tender, about 5 minutes or so. Mix in the broccoli, cauliflower, carrots, tomatoes, red pepper, green pepper, and basil. Dissolve the chicken bouillon into the mixture. Season with red pepper flakes. Stir in remaining ¼ cup of olive oil. Cover and cook for 10 minutes, stirring occasionally.
4. Mix in the cooked pasta, sausage, and Parmesan cheese. Cover and cook 5 minutes more, or until heated through.

*The original recipe called for zucchini and squash instead of the broccoli, cauliflower, and carrots, and I had only green pepper, no red. We don't like zucchini or squash, so I made substitutions. You can easily do that!* ~ from Jennifer Keith