



Sausage and Peas with Shells

Makes about 4 Servings.

Ingredients:

1 pound whole wheat baby shells pasta
1 cup onion, minced
1 tbsp. Regina Extra Virgin Olive Oil
3 links sweet Italian sausage, removed from casing
1 jar (24 oz.) Pastorelli Arrabiata Pasta Sauce
2 cans (15.5 oz each) Le Sueur peas, liquid included
1 ½ cups water
1 tsp. fresh basil, crumbled
Sea salt to taste
Freshly ground black pepper to taste
Freshly grated Parmesan cheese to taste

Directions:

In a large saucepan set over medium heat, cook the onion in the extra virgin olive oil, stirring occasionally, for 5 minutes. Add the sweet Italian sausage and cook it until no longer pink. Drain, and then add pasta sauce, peas and liquid, water, sea salt, black pepper, and basil. Bring to a boil, and simmer for 20 minutes. Meanwhile, in a large pot, boil salted water, add baby shells pasta, and cook until tender. Drain the pasta and add to the sauce. Simmer sauce and pasta together until heated all the way through. Let stand for 5 minutes before serving. Sprinkle parmesan cheese over each serving.

