



CADET COOKBOOK RECIPE

pasta with stir-fried sausage and vegetables

Submitted by james

INGREDIENTS

16 oz pasta (any kind works)
8 oz of mushrooms
2 Bell peppers
1 onion
1 tomato
16 oz of ground Italian sausage
some spinach

DIRECTIONS

1. Boil water. (Enough water to cover pasta by about 1 inch; add salt to water - about 1/2 to 1 teaspoon before boiling water. Salt raises the temperature of boiling water)
2. Add pasta to boiling water. Cook 12-15 minutes (You can tell pasta is done, if when you break it in two, there is no white in the center).
3. Wash the vegetables. Peel onion and cut in strips. Remove core and seeds from the tomato. Remove stem, core and seeds from the peppers. Cut pepper, mushrooms and tomato into strips.
4. Stir-fry vegetables with about a tablespoon of butter or oil for 3 to 5 minutes - cooked but not soggy. Salt and pepper as you like.
5. Drain pasta and divide between 2 to 4 bowls

6. Top with stir-fried vegetables

7: enjoy