



Italian Pasta Dinner

This is a very quick and tasty dinner that satisfies like a homemade lasagna, but without the time and fuss.

Ingredients

- 1 tablespoon olive oil
- ½ large onion, chopped
- 2 large cloves garlic, chopped
- 1 pound ground beef or Italian sausage, casings removed
- 2 tablespoons Italian seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- Pinch cayenne or red chili pepper flakes
- 1 (25 oz) jar of your favorite pasta marinara sauce
- 1 (8 oz) box Pamela's [Penne Pasta <http://magento-513015-1628136.cloudwaysapps.com/products/pasta-organic-gluten-free/penne-pasta/>] or [Elbow Pasta](#)
- ½ cup grated Parmesan cheese
- 1 cup grated mozzarella cheese
- 2 tablespoons chopped fresh parsley

Directions

Heat a large pot of water to boil pasta.

In a large sauté or frying pan, heat oil, add onion, and sauté until soft and wilted. Add garlic and cook until fragrant, about a minute. Add ground beef or sausage and seasonings, and cook until meat is no longer pink. Add marinara sauce and simmer lightly while pasta is cooking.

Boil Penne or Elbow Pasta for no longer than 8 to 10 minutes, as the pasta will keep cooking in the sauce. Drain well in colander, shake off excess water, and add to meat sauce. Mix well, add Parmesan and mix again. Put pasta in large serving bowl, sprinkle the top with mozzarella cheese and parsley, and serve hot.

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