

Pasta with Italian Sausage & Tomatoes



8 oz. pasta (any type of your choice)
1 medium onion, diced
2 cloves garlic, minced
1 lb. mild Italian sausage, casings removed
1 tblsp. olive oil
2 cans diced tomatoes with juice
1 tsp. dried oregano
1/2 tsp. red pepper flakes
Salt to taste
1 cup grated Parmesan cheese

Dice the onion, mince the garlic and set aside. Remove sausage from casings. Heat olive oil in a large, deep skillet over medium high heat. Add sausage. Stir, breaking up sausage as it cooks. Drain the sausage if necessary. Add the onions and garlic. Stir well, cover and cook for 5-6 minutes or until the onion has softened and sausage is completely cooked through.

Add the tomatoes with their juice, oregano, red pepper flakes and salt to taste. Cover and cook an additional 10-15 minutes or until the tomatoes are nicely softened and beginning to break down.

Add the parmesan cheese and stir well to combine. Drain the pasta and add to the pan with the sauce. Stir until pasta is well coated. Serve with additional red pepper flakes and parmesan cheese.

Enjoy!

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