

Spicy Creamy Penne (THM S)

Yields 4-6 Servings

Ingredients:

- 1 package Dreamfields Penne (or FP noodle of choice. Can use brown rice noodles for XO)
- 1 lb. Spicy Italian Sausage
- 1 Tbsp. chopped garlic
- 8 ozs. Mushrooms, sunned and ground
- 1 yellow onion, diced
- 1 green pepper, diced
- 1 eggplant, ground in food processor
- 40 oz. canned tomato sauce
- 2 tsp. Italian seasoning
- 1 tsp. oregano
- Salt and pepper to taste
- 1/2 to 3/4 cup of half and half or coconut milk (add to desired creaminess)

Instructions:

Cook pasta according to directions. Drain and set aside.

Throw all vegetables and sausage in a pot and cook until sausage is done, then drain grease. Add tomato sauce and seasonings, stir till simmering.

Add milk, return to simmer.

Serve over pasta and enjoy!