

Butternut Squash Pasta With Bacon and Parmesan
Yossey Arefi

50 minutes

Pasta With Spicy Sausage, Broccoli Rabe and...
Lidey Heuck

30 minutes

Breakfast Carbonara
Kim Severson

45 minutes

Ziti With Sausage, Sweet Corn, Broccoli...
Jacques Pepin

30 minutes

Pasta Sausage
Mark

20 mi

EASY

Sausage and Peppers Pasta With Broccoli

By [Kay Chun](#)

YIELD 4 servings
TIME 20 minutes

Save to Recipe Box

The classic Italian combination of sausage and peppers creates a satisfying and easy weeknight meal when combined with pasta. Broccoli is a fantastic nutritious addition that adds texture and cooks up quickly, or you can opt for broccolini or broccoli rabe if you want a more assertive vegetable. Sweet Italian pork sausage is used here, but there's no need to feel tied to the recipe: Substitute with spicy Italian sausage for extra heat, use chicken-apple sausage for a healthier take, or swap in fresh chorizo or breakfast sausage to turn this dinner into brunch.



Con Poulos, Food Stylist: Simon Andrews.

American, Italian, Pastas, Broccoli, Italian Pork Sausage, Parmesan, Rigatoni, Yellow Bell Pepper, Dinner, Easy, Lunch, Quick, Weeknight, Main Course, Fall, Spring, Summer, Winter

Mark as **Cooked** | 2,438 ratings ★★★★★

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1 pound sweet Italian pork sausage, casings removed
- 1 pound broccoli, cut into 1 1/2-inch florets (about 4 cups)
- 2 medium yellow bell peppers (12 ounces), cored, seeded and thinly sliced (about 2 1/2 cups)
- 3 cloves garlic, thinly sliced
- Kosher salt and pepper
- 1 pound rigatoni
- 1/2 cup grated Parmesan (2 ounces), plus more for serving
- 2 tablespoons fresh lemon juice (from about 1/2 lemon)
- 1/2 teaspoon red-pepper flakes

Add to Your Grocery List

[Ingredient Substitution Guide](#)

① [Nutritional Information](#)

PREPARATION

Step 1

Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add the sausage and cook, breaking up the meat using a wooden spoon, until browned, about 5 minutes. Scrape the mixture into a medium bowl. Add the remaining 2 tablespoons oil, the broccoli, peppers and garlic to the skillet and season with salt and pepper. Cook, stirring often, until they soften and begin to brown, about 8 minutes.

Step 2

Meanwhile, cook the pasta in a large pot of boiling salted water until al dente. Reserve 1 cup cooking water and drain the pasta. Return the pasta and reserved cooking water to the pot over low heat. Add the broccoli mixture, cooked sausage and its accumulated juices, 1/2 cup Parmesan, the lemon juice and red-pepper flakes and stir vigorously until liquid is slightly thickened and saucy, about 2 minutes. Season with salt and pepper.

Step 3

Serve the pasta with additional Parmesan for sprinkling on top.

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COOKING NOTES

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Cindy | 1 year ago

Easy & tasty. I've made it twice. Once with sliced sausage in the casing, once by removing the casings (preferred). I also used Rigatoni once & Penne once. My suggestion, without really making any changes to ingredients, is to either double everything except the pasta & pepper flakes OR make as listed but only use half the box of pasta. I found that the pasta to ingredient ratio is way off, too much pasta & too little "stuff". I'd increase the broccoli in either case. Mushrooms would be good.

👍 303 This is helpful



Bryan | 1 year ago

I've been making this simple thing the wrong way for years. Surprised, but it got great reviews from my guests

Who would have guessed you could make this without onion?

Added some sliced mushrooms.

👍 90 This is helpful



Domestic Diva | 1 year ago

I've made a version of this for my family for years! I use red/yellow/green peppers sliced long ways then sear slightly in a bit of hot olive oil, Add whole or halved fresh mushrooms, al dente broccoli florets, fresh garlic and sliced sweet (or red!) onions. (I occasionally will add hot Italian sausage which I cook separately but not all the time and I rarely add pasta - don't need the carbs.) I sprinkle chunks of goat cheese towards the end of the cooking process & it's delicious!

👍 62 This is helpful



Narrowboater | 1 year ago

I've cooked a version of this for decades, albeit minus the peppers—and sometimes the garlic as it gets lost especially with spicy sausage. However, given the bold flavors, pecorino is a better choice than parmigiano and best of course when freshly grated.

👍 55 This is helpful

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Kay Chun

30 minutes, plus at least 8 hours' ...



Banh Xeo

Kay Chun

1 hour



Creamy Avocado Pesto Pasta

Kay Chun

20 minutes



Yakitori-Style Salmon With Scallions and Zucchini

Kay Chun

45 minutes

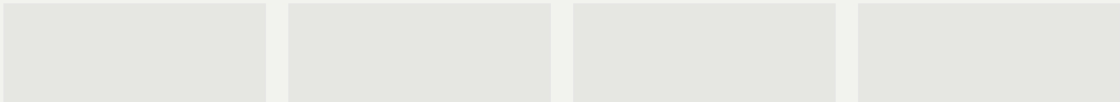


Eggplant Pasta

Kay Chun

20 minutes

TRENDING ON COOKING



Creamed Corn

Amanda Hesser

20 minutes



Stuffing With Mushrooms, Leeks and Bacon

Melissa Clark

2 to 2 1/2 hours



Vegetarian Mushroom Wellington

Alexa Weibel

3 hours



Brown Butter Lentil and Sweet Potato Salad

Yosy Arefi

35 minutes



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