



SAUSAGE PEPPER PASTA - DINNER

SAUSAGE SUB SANDWICHES - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 35 MIN	CALORIES: 820
LUNCH	TOTAL: 5 MIN	CALORIES: 790

INGREDIENTS FOR: 2-person | 4-person

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|--|---|---|--|---|--|---|--|
| 
Yellow Onion
1 2 | 
Bell Pepper*
1 2 | 
Penne Pasta
(Contains: Wheat)
6 oz 12 oz | 
Chicken Demi-Glace
(Contains: Milk)
1 2 | 
Parmesan Cheese
(Contains: Milk)
¼ Cup ½ Cup | 
Demi-Baguettes
(Contains: Wheat)
2 2 | 
Dijon Mustard
4 tsp 4 tsp | 
Gouda Cheese
(Contains: Milk)
2 Slices 2 Slices |
| 
Scallions
2 4 | 
Italian Chicken Sausage Mix
18 oz 27 oz | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Sour Cream
(Contains: Milk)
4 TBSP 8 TBSP | 
Parsley
¼ oz ¼ oz | 
Mayonnaise
(Contains: Eggs)
4 TBSP 4 TBSP | 
Hot Sauce
2 tsp 2 tsp | * Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious! |

BUST OUT • Large pot • Strainer • Large pan • Medium bowl • 2 Reusable containers
• Olive oil (1 TBSP | 2 TBSP) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREP

Wash and dry all produce. Bring a large pot of salted water to a boil. Halve, peel, and thinly slice onion. Trim, then thinly slice scallions, separating greens and whites. Core and seed bell pepper, then thinly slice.



2 BOIL PASTA AND COOK SAUSAGE

Once water boils, add penne to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Scoop out and reserve 1 cup pasta water, then drain well. Meanwhile, heat a drizzle of olive oil in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, until browned and cooked through, 5-7 minutes. Remove from heat; transfer to a plate.



3 COOK VEGGIES

Heat a large drizzle of olive oil in same pan over medium-high heat. Add bell pepper, onion, scallion whites, and half the Tuscan heat spice. Cook, tossing, until pepper and onion are softened and lightly browned, 6-8 minutes. Remove from pan and set aside in a medium bowl.



4 FINISH AND SERVE DINNER

Add demi-glace, remaining Tuscan heat spice, and ½ cup pasta water to same pan over medium-high heat and stir to combine. Bring to a boil, then reduce heat to low. Stir in sour cream and 1 TBSP butter. Season with salt and pepper. Stir in penne, half the sausage, and half the veggies (save the rest for lunch). Season with salt and pepper. (TIP: Add more pasta water, if needed, to give sauce a loose consistency.) Divide between plates, sprinkle with scallion greens and Parmesan, and serve.

LUNCH



5 PACK LUNCH FOR TWO

Combine remaining sausage with remaining veggies in bowl. Roughly chop parsley, then toss into sausage and veggies. Divide mixture between two reusable containers and keep refrigerated overnight. Pack each lunch with a demi-baguette, a slice of Gouda cheese, and a packet each of mayonnaise, mustard, and hot sauce.



6 MAKE SANDWICHES

When ready to eat, split baguettes lengthwise. Spread each with mayonnaise and mustard as desired, then fill with sausage and veggies. Drizzle with hot sauce to taste. Top each with a slice of Gouda cheese. Microwave on high for 1-2 minutes. Cut in half before enjoying.