

# Gladiator Pasta

servings: 4-6      Time to make: 30 min

## Ingredients:

- 2 t. olive oil
- 1 red bell pepper
- 1 orange bell pepper
- 1 small red onion
- 3 cloves garlic, minced or crushed
- 1 lb Italian style sausage
- 2 c. chicken broth
- 2 c. water
- ½ t. cayenne pepper
- 3 c. penne pasta
- Salt to taste
- 4 oz. cream cheese (reduced fat is fine)
- ½ c. parmesan cheese
- 1 c. sliced tomato/grape tomato
- 4 green onions, sliced



## Instructions:

1. Add olive oil to a 12" skillet or dutch oven, and heat over medium-high heat. Add bell peppers, onion, garlic, and sausage. Sauté 10 minutes, crumbling meat as it cooks.
2. Add chicken broth, water, cayenne, salt, and pasta. Bring to a low boil, and cook until the pasta is al dente, stirring often and taking care that the pasta is covered by some liquid. If you're worried about the liquid level waning too much, you can always cook it with the lid on to prevent evaporation or add more broth/water.
3. Reduce heat to medium, and stir in cream cheese and parmesan. Stir frequently until melted.
4. Turn off heat, and add tomatoes and green onions, garnish with extra cheese if desired.