

Fettuccini with Sausage, Red Peppers and Mushrooms

Trudy Browne - Marshall Field's River Oaks

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

1 pound hot Italian sausage

4 tablespoons olive oil

1 medium onion, halved and cut in 1/4-inch slices

3 red bell peppers, cut in 1/4-inch strips

12 ounces mushrooms, thinly sliced

2 cloves garlic, chopped

2 cups heavy cream

1 pound fettuccini noodles

1 1/2 cups grated Parmesan cheese

salt (to taste)

pepper (to taste)

Remove the casing from the sausage. Break into very small pieces. In a large skillet, cook the sausage for 5 to 7 minutes or until brown. Remove the sausage from the skillet. Drain.

Heat the olive oil in the skillet. Add the onion. Cook until translucent. Lower the heat. Add the red peppers, mushrooms and garlic. Cook for 7 to 9 minutes or until the peppers and mushrooms are tender. Add the sausage to the mixture. Cook together on low heat for 3 minutes. Remove from the heat.

Pour the cream into the saucepan. Cook over high heat until slightly thickened, about 5 minutes.

Meanwhile, in a large saucepan, cook the fettuccini noodles until al dente. Drain. Place into a large bowl.

Reheat the sausage mixture and the cream until hot. Toss the pasta with the sausage mixture and the cream. Add the cheese, salt and pepper. Toss again. Pass additional cheese when serving.

Pasta

Per Serving (excluding unknown items): 724 Calories; 67g Fat (81.4% calories from fat); 18g Protein; 17g Carbohydrate; 3g Cholesterol; 609mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.