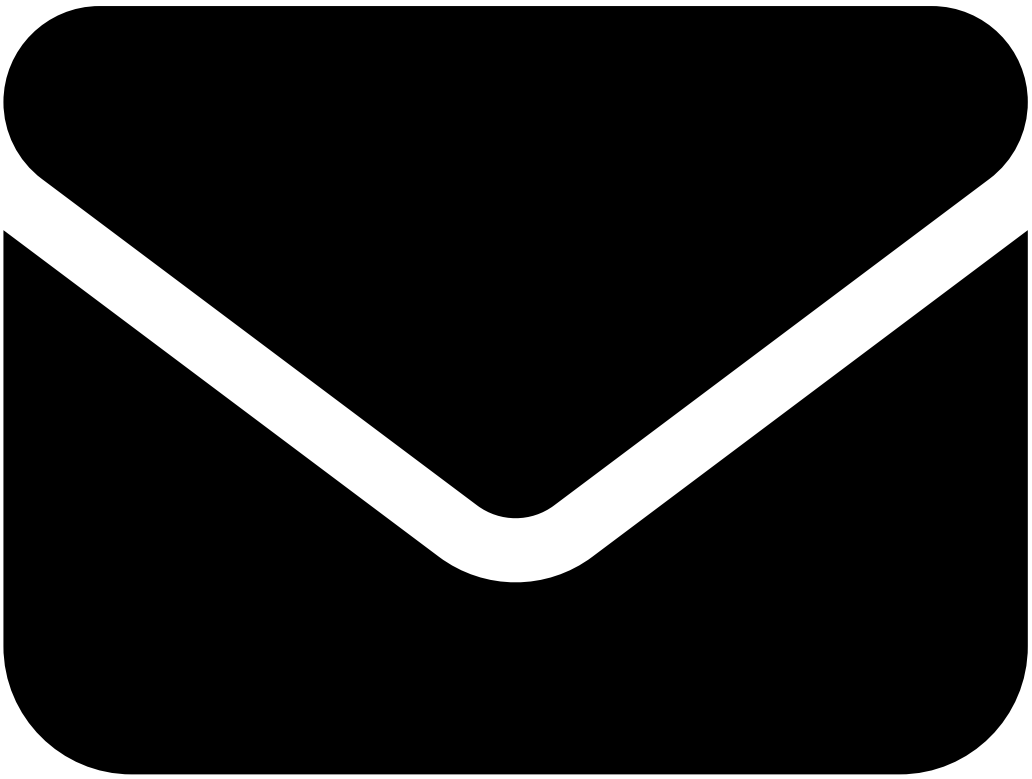
Chicken Sausage Farfalle Pasta

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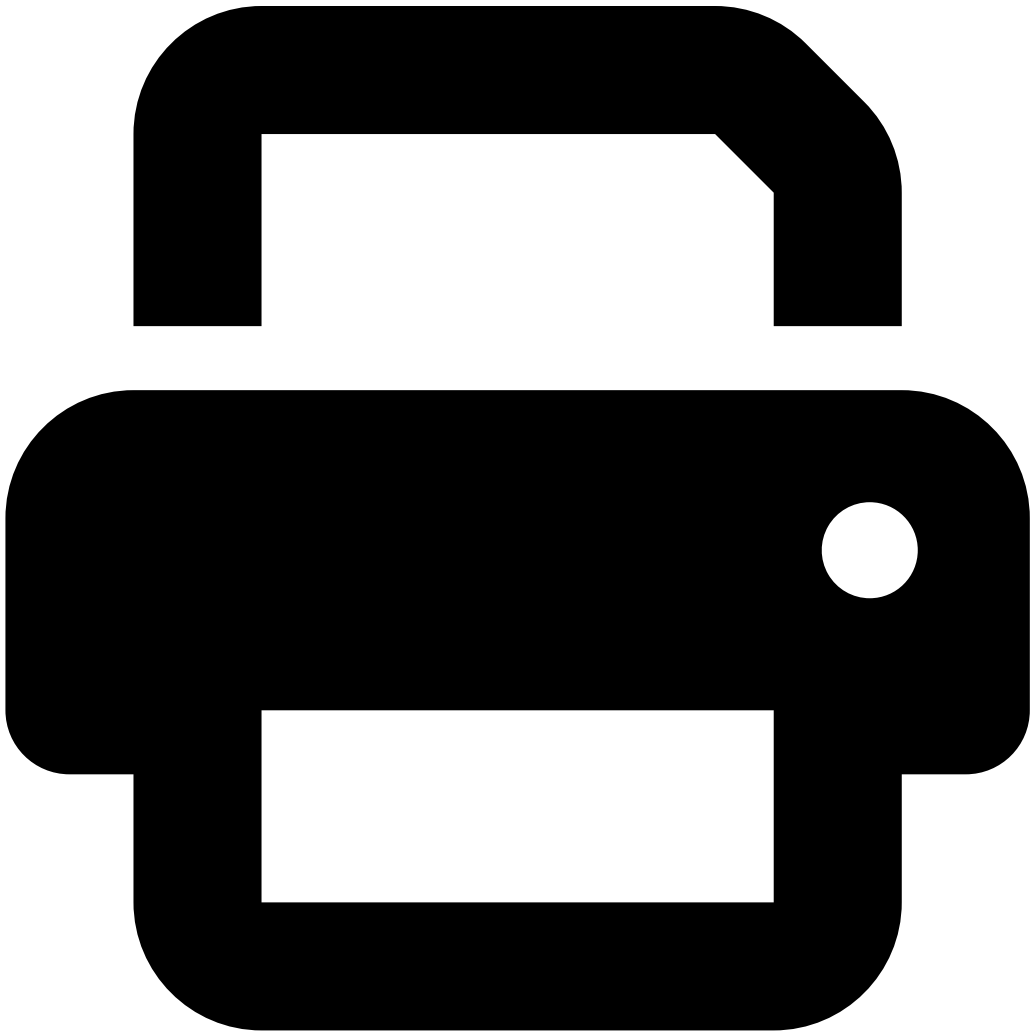
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Heading into the New Year with a this new Chicken Sausage Farfalle Pasta recipe. Chicken Italian sausage, crunchy bell peppers and marinara combined with cheesy goodness create a delicious sauce.
This pasta with healthier chicken sausage and peppers is nothing short of amazingness. I couldn’t stop eating it. Not shocking I know, because I love pasta, and this Italian girl loves all Italian flavors.

I know I post a lot of pasta recipes, but when am stuck on “what’s for dinner” it’s pasta to the rescue. Pasta is easy, versatile, and who doesn’t love pasta???? You could literally have Pasta every day for a month without repeating the same recipe, that’s how versatile pasta is.

Customize This Chicken Sausage Farfalle pasta recipe

This Chicken Sausage Farfalle Pasta recipe is so easy to customize to fit your lifestyle and taste. for instance I used farfalle pasta,

a bow tie shaped pasta. Any shape pasta works with this recipe, although I prefer a short shape you can use any shape you like.

And because I wanted to keep it healthier I used Italian flavored Chicken sausage. If chicken sausage isn't your thing use any sausage

you like. One more thing I used my homemade marinara sauce in this recipe which I always have on hand, if you don't you can use store bought marinara. I've linked both marinara alternatives.

Chicken Sausage Farfalle Pasta



Farfalle is tossed with Italian chicken sausage, colorful peppers, marinara, and melted mozzarella and Parmesan for a hearty, flavorful pasta dinner.

- ½ lb Farfalle Pasta
- 2 tbsp butter
- ½ lb Chicken Italian sausage

- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- 2 cups prepared marinara sauce
- 1 cup reserved paste water
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan cheese
- 4 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package directions reserving 1 cup of the water before draining

2. Meanwhile in a large saute pan in 2 Tbs. of butter saute the onion, peppers and garlic until tender and just beginning to brown
3. Remove casting from the sausage add to saute pan breaking up large pieces with a spoon saute until golden
4. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
5. Add the cheeses simmer 10 minutes longer
6. Add the pasta to the sauce adjust salt and pepper to taste
7. Top with additional parsley and parmesan