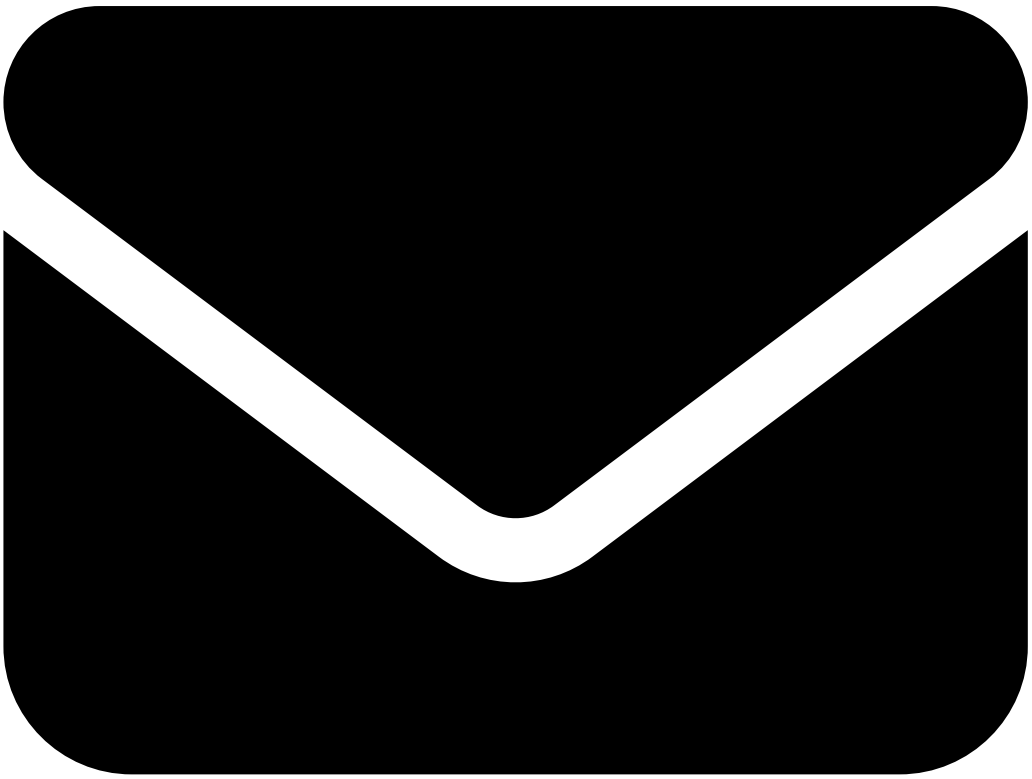
Peppers And Pasta

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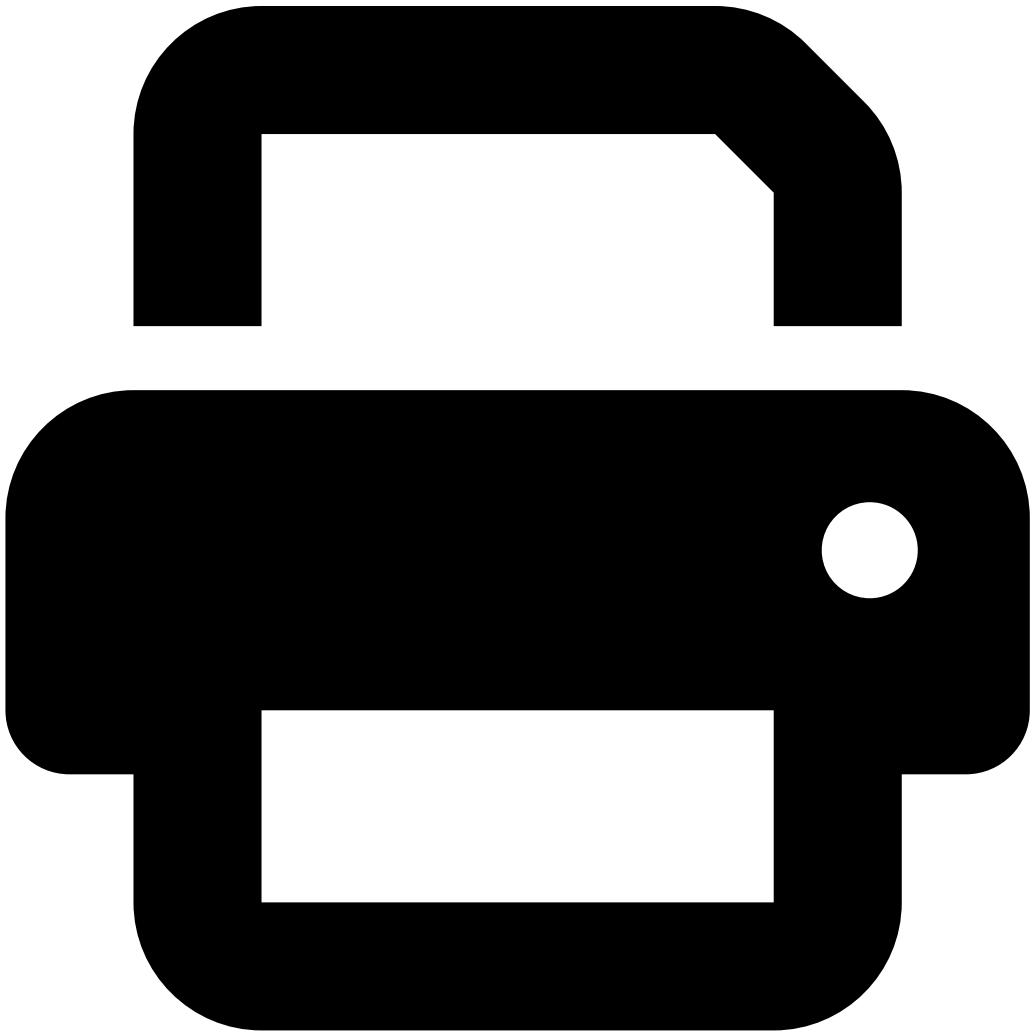
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This Peppers and pasta is a prefect definition of a comforting family meal everyone will love. It’s a beautiful, vegetarian delicious pasta bowl with a trilogy of beautiful garden peppers, and onions tossed in a delicious creamy sauce full of Italian flavors.
It’s a easy recipe that comes together in less than 30 minutes and the best part you can customize it to fit your tastes.

In case you haven’t notice I love pasta. It’s my favorite go to ingredient, when am stuck for dinner ideas it’s pasta to the rescue. Italians truly love pasta so much so that it ranks first in pasta consumption, with Americans close behind. Really what’s not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love recipes that come together quick, like this one. While the pasta is cooking on the back burner the sauce is coming together on the front burner. Recipes like this are ones

you’ll fall back again and again, when you want Italian and easy too.

Customize Peppers and Pasta

This Peppers And Pasta recipe works well with chicken and shrimp too. If you use shrimp saute them 3 minutes per side them remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use steak and made it a true Philly steak pasta meal. If you keep following along pretty soon you wouldn’t be looking at recipes as often, you’ll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one I use from Target, it’s the prefect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay’s fresh in the fridge for 2 to 3 days, for quick meal reheats and it’s freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you !!!!

Peppers and Pasta



Sweet bell peppers, spinach, and penne are tossed in a creamy tomato Parmesan sauce for a simple Italian pasta that's colorful, comforting, and full of fresh flavor.

- ½ lb penne rigata
- 2 tbsp olive oil
- 1 yellow onion chopped
- 1 each red, yellow and green pepper cut in thin strips
- 2 cups spinach chopped
- 2 cups milk
- 1 tbsp flour
- 1 cup prepared marinara sauce
- 1 cup water or vegetable stock
- 1 cup grated parmesan cheese
- 1 tbsp each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

1. Heat oil add onion and saute until tender
2. Add peppers and saute until crisp tender about 15 minutes add garlic last 5 minutes
3. Sprinkle 1 Tablespoon flour over peppers Salt and Pepper Now
4. Add the milk, marinara sauce, water or vegetable shock
5. Simmer until sauce thickens about 15 minutes
6. Add spinach and parmesan Simmer 5 minutes more……. Enjoy!!!!