

Sausage & Pepperoni Pizza Pasta

Recipe makes 6 meals

Ingredients

24 oz Pasta Sauce
15 oz Barilla Protein+ Pasta
1/2 lb Mild Ground Italian Sausage
3 oz Pepperoni, chopped
1 C Reduced Fat Shredded Mozzarella
1/4 C Grated Parmesan
1 Tbsp Ranch Seasoning
1 Tbsp Garlic Powder
1 tsp Onion Powder
1 tsp Italian Seasoning
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 488

Fat - 21g

Carbohydrates - 55g

Protein - 28g

Estimated Cost
Per Meal

\$2.58

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by browning your mild Italian sausage in a skillet over medium-high heat, breaking it up as it cooks.
2. Once your sausage is browned and cooked through, add in your chopped pepperoni and cook for 2-3 minutes, or longer if you desire.
3. Pour 24 ounces of pasta sauce into the skillet with the cooked sausage and pepperoni. Add in 1 Tbsp ranch seasoning, 1 Tbsp garlic powder, 1 tsp onion powder, and 1 tsp Italian seasoning. Mix well. Cover and let this continue to cook on low while you make your pasta.
4. Cook your pasta according to the instructions on the package. When done, strain it and return it to the pot.
5. Add 1/4 cup of grated parmesan to your sauce and mix well.
6. Add your sauce mixture into the pot with your cooked pasta. Mix everything together and add in 1 cup of shredded mozzarella cheese. Stir to incorporate that cheese into the pasta.
7. Once everything is mixed, give it a taste and add salt and pepper to preference.
8. Portion out into your meal containers and enjoy!

Notes

- This is a very simple and versatile recipe. Plenty of substitutions can be made to fit your dietary preferences. The sausage and pepperoni can both be swapped for turkey options. And there are lots of veggies that you could add into this to make it more filling and nutritious.
- In addition to the meat and veggies, the sauce itself is also interchangeable. If you can't find a pasta sauce in a jar that you like, you can also use canned tomato sauce or even crushed tomatoes for a chunkier sauce. Just keep in mind that you'll need to season a little more if using just plain tomato sauce.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.