



Slow Cooker Spaghetti with Italian Sausage

Prep: 10 minutes

Slow Cook: 6 hours 40 minutes • Serves: 8

- 1½ pounds Italian sausage, cut into 1-inch pieces
- 2 jars (24 ounces each) favorite pasta sauce
- 2 garlic cloves, minced (about 2 teaspoons)
- 1 medium green bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 teaspoons Italian seasoning
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 package (16 ounces) spaghetti, broken into thirds
- 2 cups water
- ½ cup grated Parmesan cheese

1. In 5- to 6-quart slow cooker bowl, combine all ingredients except spaghetti, water and cheese. Cover slow cooker with lid and cook on low 6 to 7 hours (high 3½ hours).

2. Add spaghetti and water; stir to combine making sure spaghetti is completely submerged in liquid. Cover and cook on high 40 to 45 minutes longer or until spaghetti is tender. Serve with cheese.

Approximate nutritional values per serving:

*538 Calories, 22g Fat (8g Saturated), 56mg Cholesterol,
1286mg Sodium, 57g Carbohydrates, 6g Fiber, 21g Protein*

Helpful tip:

> Use spicy Italian sausage and/or add crushed red pepper flakes for a spicier dish.