

# Pasta in Tomato Sauce with Chorizo



Preparation  
10 mins



Cooking  
25 mins

Chorizo, a heavily seasoned pork sausage, is very popular in both Spain and Mexico. Spanish chorizos come in many different varieties and flavours. For this dish, you're looking for spicy smoked cured chorizo.

## Ingredients (6 servings)

Item	Quantity	✓
Chopped spicy smoked cured chorizo	125 ml / ½ cup	
Extra virgin olive oil	7 ml / 1½ tsp	
Medium onion, minced	½	
Garlic cloves, minced	3	
Medium red bell pepper, minced	1	
Bay leaves	2	
Hot smoked Spanish paprika	5 ml / 1 tsp	
Ground dried oregano	2 ml / ½ tsp	
Salt	2 ml / ½ tsp	
No-salt-added crushed tomatoes, with juice	1 can	
Whole-grain rotini pasta	375 g / 12 oz	

## Nutritional Info

Calories	313
Fat, total	6 g
Fat, saturated	1.6 g
Cholesterol	10 mg
Sodium	383 mg
Carbohydrate	50 g
Fibre	11 g
Protein	14 g

## Preparation

1. Heat a large saucepan over medium heat. Add chorizo and cook, stirring occasionally, for about 5 minutes to release some of the fat and brown the sausage.
2. Meanwhile, in a medium saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring, for about 5 minutes or until onion is translucent. Add red pepper and cook, stirring, for 2 minutes. Stir in bay leaves, paprika, oregano and salt. Add tomatoes and cook, stirring, for 8 minutes.
3. Meanwhile, in a pot of boiling water, cook pasta for 8 minutes or until al dente. Drain.
4. Stir the tomato mixture into the chorizo and cook over medium heat, stirring, for 3 minutes. Discard bay leaves. Stir in pasta.

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