

Foodnity Recipes

Creamy Cajun Sausage Pasta (One Pot Recipe)

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340g) Cajun or smoked sausage, sliced into rounds
- [ ] 8 oz (225g) pasta (penne, rigatoni, or fusilli)
- [ ] 2 tbsp olive oil
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp Cajun seasoning (adjust to taste)
- [ ] 1 ½ cups (360ml) chicken broth
- [ ] 1 cup (240ml) heavy cream
- [ ] ½ cup (50g) grated Parmesan cheese
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Optional Add-Ins

- [ ] 1 bell pepper, diced
- [ ] 1 cup (30g) fresh spinach
- [ ] ½ tsp red pepper flakes (for extra heat)
- [ ] 1 tbsp cream cheese (for extra creaminess)

Instructions

1. Heat the olive oil in a large, deep skillet or pot over medium-high heat. Add the sliced sausage and cook until browned on both sides, about 4-5 minutes. Remove the sausage with a slotted spoon and set aside, leaving the drippings in the pot.
2. In the same pot, add the diced onion and cook until softened, about 3 minutes. Add the minced garlic and Cajun seasoning, stirring for 30 seconds until fragrant.
3. Pour in the chicken broth and bring to a simmer. Add the pasta and stir well. Cover and cook for 10-12 minutes, stirring occasionally, until the pasta is al dente and most of the liquid has been absorbed.
4. Reduce the heat to low. Stir in the heavy cream and Parmesan cheese until the cheese is melted and the sauce is creamy. Return the sausage to the pot and stir to combine. Taste and adjust the seasoning with salt and pepper if needed.
5. If the sauce is too thick, add a splash of pasta water or broth to reach your desired consistency. Garnish with fresh parsley and serve hot.

Nutrition per serving

650 kcal	22 g	45 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a lighter version, substitute half-and-half for the heavy cream.
- Add vegetables like bell peppers or spinach for extra color and nutrition.
- If you love heat, sprinkle red pepper flakes on top before serving.