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Penne Pasta with Sausage and Smokey Tomato Sauce

Serves 8

4 cups penne pasta (follow package instructions)

2 tbsp coconut oil

1 large onion, finely chopped

8 cloves garlic, minced

2 28-oz cans crushed tomatoes

2 tsp dried or 2 tbsp chopped fresh basil

2 tsp dried or 2 tbsp chopped fresh oregano

4 Italian Chicken Sausage (you can leave whole or chopped into pieces)

1/3 cup tomato paste

1 ½ tsp smoked paprika or paprika

½ tsp salt

½ tsp black pepper

In a pot or Dutch oven, heat oil over medium-high heat. Add the onion, garlic, basil, and oregano; cook, stirring occasionally, until onion is tender, about 4-5 min. Add the sausage, tomatoes, tomato paste, smoked paprika, salt and pepper. Bring to a boil; reduce heat to med-low. Simmer, covered, stirring occasionally, for 20 minutes. Serve over penne pasta.

Each serving of pasta should only be ½ cup cooked!