



► SERVES 8

Prep Time: 5 mins Total Time: 35 mins

- 1 tbsp (15 mL) oil
- 1 medium onion
- 1 lb. (450 g) ground Italian sausage
- 2 garlic cloves, pressed
- 2 cans (14.5 oz./411 g each) diced tomatoes, undrained
- 1 can (8 oz./250 g) tomato sauce
- 2 tbsp (30 mL) tomato paste
- 2 tsp (10 mL) **Italian Seasoning Mix**
- ¼ tsp (1 mL) red pepper flakes
- 3 cups (750 mL) water
- 1 lb. (450 g) ziti pasta
- 1 pkg (8 oz./250 g) fresh whole milk mozzarella cheese
- 1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL)

Baked Ziti With Sausage

1. Preheat the oven to 475°F (240°C). Heat the oil in the **6-qt. (5.7-L) Enameled Cast Iron Dutch Oven** over medium heat for 3–4 minutes.
2. Finely chop the onion in the **Manual Food Processor**.
3. Cook the sausage for 1–2 minutes, then break into crumbles. Add the onion and garlic; cook until the sausage is no longer pink, about 5–6 minutes.
4. Add the diced tomatoes, tomato sauce, tomato paste, Italian seasoning, and red pepper flakes. Simmer 5–7 minutes, stirring occasionally.
5. Add the water and pasta; cook until the pasta is almost al dente, about 10 minutes. (Since the pasta continues to cook in the oven, it's best if not cooked all the way through.)
6. Cut the mozzarella into small cubes.
7. Remove the Dutch oven from the heat. Stir in the Parmesan and half of the mozzarella. Top with the remaining mozzarella. Bake, uncovered, until the cheese is melted, about 7–8 minutes.

Cook's Tips

If you can't find ziti, you can use any tube-shaped pasta like penne, rigatoni, or mostaccioli. Stir in **Enrichables™ Kale & Fiber** before serving.