



Polish Sausage, Broccoli and Pasta Toss

A RECIPE BY JILLIAN MAUL

ingredients

- 1 box penne
- 13 oz Polish sausage
- Bag frozen broccoli cuts (thawed)
- 1 Tbsp butter
- 1 Tbsp flour
- 1 tsp chia seeds
- 1 cup milk
- 1 cup shredded parmesan
- 1 Tbsp spicy brown mustard

tips and tricks

- A whisk works best for the beginning steps of the sauce, but once you add cheese, you will want a wooden spoon instead.
- The mustard is the key to the flavor, don't skip or sub.

directions

- 1. Slice sausage in half inch thick rounds.
- 2. In a large pot boiling water, cook pasta, broccoli and sliced sausage till desired pasta consistency.
- 3. Have all other ingredients available and measured.
- 4. At the same time as pasta is cooking, in a sauce pan, melt butter over very low heat, whisk in flour and seeds.
- 5. Immediately add milk while whisking, and cook till bubbly.
- 6. Add cheese and mustard and stir with wooden spoon till cheese melts.
- 7. Drain pasta sausage and broc. Toss sauce and pasta mix.