

Easy Cajun Pasta with Sausage and Cream Sauce - Weeknight Dinner Hero

(Andouille or Kielbasa), sliced into thin rounds



TIME
5 min

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INGREDIENTS

? Protein:

Smoked sausage (Andouille or Kielbasa), sliced into thin rounds

? Seasoning:

Cajun seasoning - Use your favorite blend or homemade for custom heat

? Vegetables:

Bell peppers - Red, green, or yellow, chopped

Onion - Finely chopped

? Pasta & Base:

Pasta - Penne, rotini, or shells work well

Chicken broth - Adds depth to the sauce

All-purpose flour - Optional, to thicken the sauce slightly

? Creamy Sauce:

Heavy cream - For richness

Shredded cheese - Cheddar, Monterey Jack, or a mix

Salt and pepper, to taste

Parsley, Parmesan, or red pepper flakes (for garnish)

DIRECTIONS

1. Prep Your Ingredients: Slice the sausage into rounds.
2. Chop the bell peppers and onion.
3. Measure your : Cajun seasoning, broth, cream, and cheese so everything's ready to go.
4. Cook the Sausage and Veggies: In a large skillet or deep sauté pan, sauté the sausage until browned, about 4-5 minutes. Remove from pan and set aside. Add a bit more oil if needed, then cook the bell peppers and onions for 3-4 minutes, until softened.
5. Create the Flavor Base: Sprinkle Cajun seasoning (and a spoonful of flour if using) over the veggies. Stir well to coat. Add chicken broth and bring to a gentle simmer.
6. Cook the Pasta: Add uncooked pasta to the skillet. Stir to combine. Cook uncovered for 10-12 minutes, stirring occasionally, until pasta is tender and most of the liquid has absorbed.
7. Make it Creamy: Lower the heat. Stir in heavy cream and shredded cheese, mixing until smooth and melted. Return the sausage to the pot and stir to combine.
8. Finish and Serve: Taste and adjust seasoning with salt, pepper, or more Cajun spice. Garnish with fresh parsley, grated Parmesan, or crushed red pepper flakes.

TIPS FOR SUCCESS

Use smoked sausage for that signature bold flavor.

Don't overcook the pasta - it will continue to absorb sauce as it sits.

Use mild Cajun seasoning or reduce the quantity.

Add greens - Stir in spinach at the end for a veggie boost.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cajun-pasta-with-sausage-and-cream-sauce-weeknight-dinner-hero/>