

Creamy Cajun Alfredo with Smoked Sausage: A Spicy Weeknight Meal

When you're craving a meal that is both fast and full of flavor, this recipe for



TIME
20 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1 (14-oz) package of smoked sausage, sliced into 1/4-inch pieces

8 ounces of pasta (any shape will complement the sauce)

2 cups heavy cream

1 tablespoon Cajun seasoning

1/2 cup grated Parmesan cheese

1 tbsp butter or olive oil

3 cloves garlic, minced

Optional: chopped parsley for garnish

Swaps and Notes:

Sausage: This recipe is great with a classic smoked sausage, but you can also use other types of sausage for a different flavor profile. Andouille sausage would be a perfect choice for an even spicier, more authentic Cajun flavor. You can also use chicken sausage or a turkey sausage for a leaner option.

Pasta: Any pasta shape will work beautifully with this sauce. I love using penne or fettuccine, but you can also use rotini, farfalle, or even rigatoni.

Spice Level: The amount of Cajun seasoning can be adjusted to your personal taste. You can use more for a spicier sauce or less for a milder flavor.

You can also add a pinch of red pepper flakes for an extra kick.

Veggies: For a more complete meal, you can add some

vegetables to the sauce. Sliced bell peppers, onions, or some fresh spinach would be a great addition. You can sauté them with the sausage before you add the cream.

Cheese: The grated Parmesan cheese is a perfect choice for its salty, nutty flavor. You can also add a handful of mozzarella cheese for a little extra gooeyness.

Instructions:

Cook the Pasta: Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until it's al dente. Drain the pasta and set it aside.

Sauté the Sausage: While the pasta is cooking, heat the butter or olive oil in a large skillet over medium-high heat. Add the sliced smoked sausage and cook for about 5 minutes, turning occasionally, until the sausage is nicely browned.

Make the Sauce: Reduce the heat to medium. Add the minced garlic and sauté for about 1 minute until fragrant. Pour in the heavy cream and Cajun seasoning. Stir to combine, scraping up any browned bits from the bottom of the skillet.

Finish the Sauce: Let the sauce gently simmer for about 5 minutes, or until it has thickened slightly. Add the grated Parmesan cheese and stir until it has melted and the sauce is smooth and creamy.

Combine Everything: Add the cooked pasta to the skillet with the sauce and sausage. Toss everything together until the pasta is evenly coated in the creamy sauce. Let it cook for another minute or two until everything is heated through.

Serve: Serve hot, garnished with fresh chopped parsley if desired.

Tips for Success:

Sear the Sausage: Searing the sausage first is a crucial step. It gives the sausage a nice brown crust and adds a deeper flavor to the sauce.

Don't Boil the Cream: Once you add the heavy cream, do not bring the sauce to a rolling boil. A gentle simmer is all you need to thicken the sauce and prevent it from curdling.

Use Good Quality Sausage: A good quality smoked sausage will make a big difference in the final taste of the dish.

Taste and Adjust: Don't be afraid to taste the sauce as you go. You can add more salt, pepper, or Cajun seasoning to get it just right for your palate.

Serving Suggestions and Pairings:

Nutritional Information:

Storage and Leftover Tips:

Final Thoughts:

DIRECTIONS

1. **Cook the :** Pasta: Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until it's al dente. Drain the pasta and set it aside.
2. **Sauté the Sausage:** While the pasta is cooking, heat the butter or olive oil in a large skillet over medium-high heat. Add the sliced smoked sausage and cook for about 5 minutes, turning occasionally, until the sausage is nicely browned.
3. **Make the :** Sauce: Reduce the heat to medium. Add the minced garlic and sauté for about 1 minute until fragrant. Pour in the heavy cream and Cajun seasoning. Stir to combine, scraping up any browned bits from the bottom of the skillet.
4. **Finish the :** Sauce: Let the sauce gently simmer for about 5 minutes, or until it has thickened slightly. Add the grated Parmesan cheese and stir until it has melted and the sauce is smooth and creamy.
5. **Combine :** Everything: Add the cooked pasta to the skillet with the sauce and sausage. Toss everything together until the pasta is evenly coated in the creamy sauce. Let it cook for another minute or two until everything is heated through.
6. **Serve:** Serve hot, garnished with fresh chopped parsley if desired.
7. **Tips for Success:** **Sear the Sausage:** Searing the sausage first is a crucial step. It gives the sausage a nice brown crust and adds a deeper flavor to the sauce.
8. **Don't :** **Boil the Cream:** Once you add the heavy cream, do not bring the sauce to a rolling boil. A gentle

simmer is all you need to thicken the sauce and prevent it from curdling.

9. **Use :** Good Quality Sausage: A good quality smoked sausage will make a big difference in the final taste of the dish.
10. **Taste and : Adjust:** Don't be afraid to taste the sauce as you go. You can add more salt, pepper, or Cajun seasoning to get it just right for your palate.
11. **Serving Suggestions and Pairings:** This pasta dish is a complete meal on its own. For a simple side, a light green salad with a tangy vinaigrette would be a perfect complement to the rich, creamy flavors. Some warm, crusty bread would also be a fantastic addition for soaking up every last bit of that delicious sauce.
12. **For a drink pairing,** a light beer, a crisp white wine like a Sauvignon Blanc, or a simple iced tea would be a great complement to the savory and spicy flavors.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. **This is a hearty, indulgent meal that is higher in calories and fat due to the heavy cream and cheese. It is also a good source of protein from the sausage. While it is a decadent dish, it's a wonderfully satisfying meal that is perfect for a weekend treat or a cozy dinner.**
15. **Storage and Leftover Tips:** Leftovers of this pasta dish are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, adding a splash of milk or broth to help re-create the creamy texture. Alternatively, you can reheat it in a skillet over low heat, stirring in a little liquid until it's smooth.
16. **Final Thoughts:** This Sausage Cajun Alfredo recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of tender sausage and a rich, creamy sauce is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

SWAPS & NOTES

Sausage : This recipe is great with a classic smoked sausage, but you can also use other types of sausage for a different flavor profile.

Andouille sausage would be a perfect choice for an even spicier, more authentic Cajun flavor.

You can also use chicken sausage or a turkey sausage for a leaner option.

Pasta : Any pasta shape will work beautifully with this sauce.

TIPS FOR SUCCESS

Sear the Sausage : Searing the sausage first is a crucial step.

It gives the sausage a nice brown crust and adds a deeper flavor to the sauce.

Don't Boil the Cream : Once you add the heavy cream, do not bring the sauce to a rolling boil.

A gentle simmer is all you need to thicken the sauce and prevent it from curdling.

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

Original recipe: <https://chefmaniac.com/creamy-cajun-alfredo-with-smoked-sausage-a-spicy-weeknight-meal/>