

Cajun Chicken and Sausage Alfredo

Ingredients

- 4 TBSP olive oil
- 1 LB penne pasta
- 1 LB chicken cut into bite sized pieces
- 14 OZ smoked sausage, sliced on the diagonal
- 1 QUART low-sodium chicken broth
- 2 1/2 CUPS heavy cream
- 4 cloves garlic, minced
- 4 OZ parmesan cheese freshly shredded
- Seasonings
 - 1/2 TSP of kosher salt
 - Pepper to taste
 - 1 1/2 TBSP Cajun seasoning
 - Italian Parsley garnish

Instructions

1. Start with a large cooking pot that has a lid.
2. Season chicken with salt and pepper and brown in olive oil over medium high heat.
3. Add sausage and continue to cook until lightly browned.
4. Stir in garlic and cook for for about two minutes.
5. Add chicken broth, heavy cream, dried pasta, and cajun seasoning to pot.
6. Stir together and bring to a simmer over medium high heat.
7. Reduce heat to low and let cook covered for 15-20 minutes, or until pasta is tender.
8. Remove pot from heat and slowly stir in parmesan cheese.
9. Stir in chopped parsley and sprinkle with additional cajun seasoning to taste.

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