Treasure Barrel

One Pot Creamy Cajun Sausage Pasta

One-pot creamy Cajun sausage pasta—spicy, silky, and ready in minutes.

15 min	20 min	35 min	4	Easy	Cajun
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz Cajun sausage, sliced
- [ ] 12 oz penne pasta
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 cup chicken broth
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] 1 cup baby spinach
- [ ] ½ cup diced red bell pepper
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Heat olive oil in a large pot over medium heat. Add the sliced Cajun sausage and sauté until lightly browned, about 4-5 minutes.
2. Stir in the minced garlic and cook for another minute until fragrant, careful not to let it burn.
3. Pour in the chicken broth, then add the uncooked pasta. Bring to a gentle boil, then reduce to a simmer, stirring occasionally.
4. When the pasta is nearly al dente, stir in the heavy cream, lemon juice, and Parmesan cheese. Let the sauce thicken, about 3-4 minutes.
5. Season with salt and pepper, and if using, fold in spinach or bell pepper until wilted.
6. Serve hot, garnished with fresh parsley and an extra sprinkle of Parmesan.

Nutrition per serving

480 kcal	26 g	48 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a splash of reserved pasta water.
- For a milder heat, reduce the Cajun seasoning or use a sweet Italian sausage.
- Feel free to swap chicken broth for vegetable broth for a lighter flavor.