

Rosé Pasta with Sausage Balls



Ingredients:

- 1 Spaghetti Squash
- 8 Sausages
- 1 Bell pepper, chopped
- 1 Onion, chopped
- 1 cup Diced tomatoes
 - o If from a can, drain water
- ~¾ can Coconut milk
- ~2 cups Tomato pasta sauce

Directions:

1. Preheat oven to 400F.
2. Slice off both ends of the spaghetti squash, then cut it in half, lengthwise. Scrape out the insides of the squash and place it facedown on a oil sprayed baking sheet. Cook for 30-35 min, or until you can pierce the skin with a fork.
3. While the spaghetti squash is cooking, prepare and fry the sausage balls.
 - a. Peel the skin off the sausages and roll pieces into mini meatballs.
 - b. Fry until cooked.
4. While the sausage balls are frying you can cut the veggies! When the balls are near done, add the veggies to the same pan.
5. Prepare the sauce.
 - a. **The amounts in the ingredients list are a guesstimate.** I prepared a big bowl of the sauce, used what I needed for this recipe and froze the rest for future meals. The ratio of tomato pasta sauce and coconut milk is really your preference.
6. When the spaghetti squash is done and cooled for a bit, use a fork and scrape the inside to get the spaghetti-like noodles out.
7. Combine sauce with veggies and meat, and add the spaghetti squash noodles.
8. Enjoy 😊