

Penne Pasta with Tomato Cream Sauce

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Ingredients

6 oz penne pasta, uncooked
vegetable cooking spray
4 oz Canadian bacon, chopped
3/4 cup chopped sweet red pepper
1/4 cup chopped onion
1 clove garlic, minced
1 (14-1/2 oz) can whole peeled tomatoes (no-salt)
1 tsp sugar
1/2 tsp dried basil
1/4 tsp freshly ground pepper
1/4 tsp salt
2 tsp all-purpose flour
1/4 cup evaporated skimmed milk

Directions

Cook pasta according to package directions, omitting fat or salt, then drain and set aside.

Coat a large non-stick skillet with cooking spray and place over a medium-high heat until hot. Add the Canadian bacon and the next three ingredients, and saute until vegetables are tender.

Add tomato and the next four ingredients. Bring mixture to a boil. Cover, reduce heat, and simmer 10 more minutes.

Add pasta, stirring well. Cook over medium heat 2 to 3 minutes or until thoroughly heated. Transfer mixture to a serving bowl.

Garnish with a basil sprig if desired.

Makes 4 servings.