

Timmy Parsons, U19, Leo Parsons U16, Sammy Parsons U12 Alpine program

Their favorite Apres-Ski dinner (which many other MBSEF Alpine athletes have also eaten)

Sausage Rigatoni:

1 box rigatoni pasta

1 lb. ground sausage (the boys like spicy Italian-- but you can choose regular Italian)

1 onion diced

2 cloves garlic diced

Salt and pepper to taste

1 jar (we like Muir Glenn Organic Fire Roasted Tomato Sauce)

8 oz. (small carton) heavy whipping cream

8-16 oz. of shredded mozzarella (depending on how cheesy you like it)

Boil pasta as directed by package. Drain and set aside.

Preheat oven to 375

Dice onion and garlic. Place in heated cast iron skillet with 2 tablespoons of olive oil on medium.

Cook 5 minutes

Add sausage. - mix very well with onion and garlic. Brown sausage.

Once the sausage is browned turn on low heat, add tomato sauce. Mix it in well.

Add the heavy cream, mix well.

Use a 9X13 glass Pyrex dish. Put the pasta in the dish first. Spoon/pour the sauce mixture evenly onto the pasta - mix well.

Sprinkle mozzarella cheese on top.

Bake in the oven approx. 40 minutes until cheese is melted and slightly browning and pasta/sauce looks like it is boiling hot.

Great for leftovers in the microwave the next day!