



**ZEKE LIFE**

## Spicy Sausage Pasta with Broccoli

### What you need:

- 1 pkg. hot pork sausage
- 12 oz cream cheese
- 1 c. shredded cheese
- mini farfalle pasta
- 1 yellow onion
- 1 head of broccoli
- 1 tsp. Cooking oil (we used coconut oil)
- Garlic powder to taste
- Salt & Pepper to taste
- Italian parsley (optional garnish)

### Steps:

1. Prep veggies - cut broccoli into small florets + small dice onions.
2. Cook pork sausage until done (~20 min).
3. Cook pasta following instructions.
4. Combine all ingredients along with a little pasta water to cooked sausage for ~15 min.
5. Garnish with sprinkle of Italian parsley and serve.

### Estimated Time:

~ 40 minutes prep + cook time

**Live like Zeke. You're such a good boy!**

[www.zekelife.com](http://www.zekelife.com)