

## Rigatoni with “Sausage” Sauce

Serves 2  
Points per serving 8.5

### Ingredients

8 ounces lean ground beef (92% fat-free or better)  
1 small onion, chopped  
1 teaspoon fennel seeds  
¼ teaspoon crushed red pepper  
4 ounces rigatoni (uncooked)  
1 14.5-ounce can Italian style diced tomatoes

### Directions

- In non-stick skillet, cook ground beef, onion, fennel, and crushed red pepper over medium-high heat, breaking up meat with side of spoon, until pan juices have evaporated and meat is tender.
- Meanwhile, in large sauce pot cook the pasta according to directions on the label.
- Stir in tomatoes with meat mixture; heat to boiling. Reduce heat, cover, and simmer 10 minutes.
- Toss pasta and sauce in serving bowl. Makes 2 servings.