



Smoky Sausage Noodle Dinner

The Little Story in My Skillet

My grandson calls this my “magic pan” dinner. He loves how everything comes together in one big skillet. I love it because it tells a story.

You start with the sausage, sizzling and popping. Then you build the sauce right there in the same pan. All those little brown bits left behind are pure flavor. They hold the memory of the sausage.

Why a Simple Sauce Matters

That flour and milk step might seem odd. But it's the secret to a creamy sauce. It makes the sauce hug the pasta instead of sliding off.

This matters because a good sauce brings everyone to the table. It

turns simple ingredients into a cozy meal. Food should make you feel cared for.

A Fun Fact About Your Pasta Water

Don't you dare pour that pasta water down the drain! I learned this from my own grandma. That starchy water is liquid gold for your sauce.

Fun fact: The starch in the water helps thicken the sauce. It also helps the sauce stick to your noodles. See? Grandma knew best.

The Smell of Supper

When the Cajun seasoning hits the warm skillet, my whole kitchen smells like joy. It's a little spicy and very welcoming. Doesn't that smell amazing?

I still laugh at the time my neighbor popped over. He followed his nose right to my door. He just had to know what was cooking.

Your Turn in the Kitchen

This recipe is yours to play with now. Do you have a favorite pasta shape? I think little shells are fun because they hold the sauce inside.

What's your favorite cozy weeknight dinner? Tell me about it. I am always looking for new ideas to try with my family.

Bringing It All to the Table

Finally, you stir everything together. The pasta, the smoky sausage, the sweet corn. A big shower of Parmesan cheese on top makes it perfect.

This dish matters because it feeds more than just our hunger. It feeds our need to sit and share a meal. What's the best thing you've shared over a meal lately?



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Ingredients:

| Ingredient | Amount | Notes |
|------------------------|--------------------------|---------------------------------------|
| Gemelli pasta | 16 ounces | or any pasta of your choice |
| Smoked sausage | 16 ounces | cut into $\frac{1}{4}$ -inch pieces |
| Extra virgin olive oil | 1 tablespoon | |
| All-purpose flour | 1 tablespoon | |
| Whole milk | $\frac{1}{4}$ cup (61 g) | |
| Chicken broth | 1 cup (8 ounces / 240 g) | |
| Cajun seasoning | 2 teaspoons | |
| Garlic powder | 1 teaspoon | |
| Kosher salt | $\frac{1}{2}$ teaspoon | |
| Corn | 1 can (15 ounces) | drained |
| Parmesan cheese | 1 cup (100 g) | freshly grated, plus more for serving |
| Fresh parsley | | chopped for garnish |



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My Cozy Smoky Sausage Noodle Dinner

Hello, my dear! Come sit with me. I want to share a wonderful recipe. It's my Smoky Sausage Noodle Dinner. This dish always fills the kitchen with the best smells. It reminds me of my own grandma's cooking.

See also [Cheesy Enchilada Chili Fusion Delight](#)

It's a simple, one-skillet wonder. You just need some pasta, smoked sausage, and a few other things. The sauce is creamy and has a little kick. Doesn't that sound amazing? Let's get our big pot ready. We are about to make some magic.

Ingredients

- 12 oz pasta (like penne or fusilli)
- 1 tbsp olive oil
- 14 oz smoked sausage, sliced
- 1 tbsp all-purpose flour
- 1 cup milk
- 1 cup chicken broth
- 1 tsp Cajun seasoning
- 1 cup corn (canned or frozen)
- 1/2 cup grated Parmesan cheese, plus more for serving
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions

Step 1: First, boil a big pot of salted water. Add your pasta and cook it until it's just tender. Save one cup of that starchy pasta water before

you drain it. That water is like liquid gold for your sauce later. I always keep a mug by the stove to remind me.

Step 2: Now, let's cook the sausage. Heat a little oil in your favorite big skillet. Add the sausage pieces in a single layer. You want them to get nice and brown. That browning gives us so much flavor. The sizzle is the best sound.

Step 3: Here is the secret part. See those brown bits in the pan? Don't wash them out! Sprinkle the flour right into that oily goodness. Whisk it into a paste. You are building the base of your sauce. It makes all the difference.

Step 4: Slowly whisk in the milk. Keep whisking so it gets smooth. It will thicken up nicely in a few minutes. (My hard-learned tip: pour the milk in slowly while you whisk. This stops any lumps from forming!). Doesn't that smell amazing already?

Step 5: Now, stir in the chicken broth and all your spices. The Cajun seasoning makes it so warm and cozy. Bring it all to a little simmer. I still laugh at how my grandson calls this the "flavor party." What's your favorite spice? Share below!

Step 6: Time for the corn and Parmesan cheese. Stir them into your simmering sauce. The cheese will melt and make everything creamy. Let it bubble for five more minutes. This is when the magic really happens.

Step 7: Bring the family back together! Add the cooked pasta and sausage to the skillet. Stir it all with love. If the sauce is too thick, use your reserved pasta water. Add just a tablespoon at a time until it's perfect.

Step 8: Finally, a little fresh parsley and more Parmesan on top. This

makes it look so pretty for the table. I love seeing everyone's faces when I bring this skillet to the table. It's pure happiness.

Cook Time: 25 minutes

Total Time: 35 minutes

Yield: 6 servings

Category: Dinner

Three Fun Twists to Try

This recipe is like a good friend. It's happy to change things up. Here are a few ways to make it new again. I love trying different versions.

See also [Crispy Chicken Quesadilla with Peppers and Cheese](#)

The Veggie Lover: Swap the sausage for black beans and add bell peppers. It's just as filling and so colorful.

The Spicy Fan: Add a big pinch of red pepper flakes with the spices. It will warm you right up from the inside.

The Autumn Swap: Use butternut squash cubes instead of corn. It tastes like a cozy fall day in a bowl.

Which one would you try first? Comment below!

The Perfect Plate

This dinner is a full meal by itself. But I love making it feel special. A simple side salad with a tangy vinaigrette is perfect. It cuts through the richness so nicely.

For drinks, a fizzy apple cider is wonderful. The bubbles are so

refreshing. For the grown-ups, a cold lager beer pairs beautifully with the smoky sausage. Which would you choose tonight?

And always, always serve it with a big sprinkle of extra cheese. A little extra love never hurt anyone. I hope this recipe finds its way to your table often.



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Storing Your Smoky Sausage Noodle Dinner

This dinner keeps beautifully in the fridge. Just let it cool first. Then pop it in a sealed container for up to three days. You can also freeze it for a cozy future meal. I use old yogurt tubs for this. They are the perfect size.

To reheat, add a splash of water or broth to a pan. Warm it slowly over medium heat. Stir it now and then. This keeps the pasta from drying out. I once reheated it too fast and the sauce broke. A little patience makes it perfect again.

Batch cooking this meal saves busy weeknights. It means a good dinner is always ready. That matters on days you are just too tired to cook.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Kitchen Hiccups

Is your sauce too thick? Do not worry. This happens to everyone. Just add your reserved pasta water, one spoonful at a time. Stir until it looks right. I remember when I forgot to save the water. I used warm tap water and it worked fine.

If your sausage is not browning, your pan might be too crowded. Cook it in two batches instead. This gives each piece space to get crispy. A good sear adds so much flavor to the whole dish. That is why it matters.

The flour might form little lumps in the sauce. Just keep whisking. They will usually smooth out. Cooking is about fixing small mistakes. This

builds your confidence in the kitchen. **Which of these problems have you run into before?**

Your Noodle Dinner Questions, Answered

Q: Can I make this gluten-free?

A: Yes! Use your favorite gluten-free pasta and a gluten-free flour blend.

See also Lemon Caper Glazed Salmon Fillet

Q: Can I make it ahead?

A: Absolutely. Follow the storage tips above for a ready-made meal.

Q: I don't have corn. What can I use?

A: A can of drained peas or diced tomatoes works wonderfully here.

Q: Can I double the recipe?

A: You can. Just use your biggest pot so everything fits.

Q: Any optional add-ins?

A: A dash of hot sauce at the end gives it a nice kick. **Which tip will you try first?**

From My Kitchen to Yours

I hope this recipe becomes a favorite in your home. It always brings a smile to my table. I love hearing about the meals you create. Your stories make my day.

If you give this a try, I would love to see it. Show me your beautiful plates. **Have you tried this recipe? Tag us on Pinterest!** Let's share the joy of a simple, good meal.

Fun fact: The word “gemelli” means “twins” in Italian. The pasta looks like two strands twisted together!

Happy cooking!

—Elowen Thorn.

You need to try this!



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Smoky Sausage Noodle Dinner

Author: Elowen Thorn



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Cooking Method:[Stovetop](#)

Cuisine:[American](#)



Courses:[Dinner Main](#)

Difficulty: **Beginner**

Prep time: **10 minutes**



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Cook time: **25 minutes**

Rest time:

Total time: 35 minutes



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Servings: **6 servings**

Calories: **497 kcal**



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Best Season:**Summer**

Description

A hearty and flavorful one-pan meal featuring smoky sausage, tender

pasta, and sweet corn in a creamy, cheesy Cajun-spiced sauce.

Ingredients

- 16 ounces Gemelli pasta, or any pasta of your choice
- 16 ounces smoked sausage, cut into $\frac{1}{4}$ -inch pieces
- 1 tablespoon extra virgin olive oil
- 1 tablespoon all-purpose flour
- $\frac{1}{4}$ cup (61 g) whole milk
- 1 cup (8 ounces / 240 g) chicken broth
- 2 teaspoons Cajun seasoning
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon kosher salt
- 1 can (15 ounces) corn, drained
- 1 cup (100 g) parmesan cheese, freshly grated, plus more for serving
- fresh parsley, chopped for garnish

Instructions

1. Bring a large pot of salted water to a boil. Cook the Gemelli pasta until al dente, according to package directions. Reserve 1 cup of pasta water, then drain the rest. Set the drained pasta and pasta water aside.
2. To a large skillet over medium heat, add oil. Once hot and shimmering, add the smoked sausage in a single layer. (Depending on the size of your skillet, you may need to work in batches.) Sear for 2-3 minutes per side, or until browned and crisp. Transfer the sausage to a plate and set aside.
3. To the same skillet (don't drain the oil), sprinkle in the flour. Whisk, scraping up any brown bits, until a paste forms and the mixture

starts to brown.

4. Slowly whisk in the milk. Whisk continuously until the mixture thickens slightly, about 5 minutes.
5. Stir in the chicken broth, Cajun seasoning, garlic powder, and salt. Bring to a light simmer.
6. Add the corn and Parmesan. Stir and let simmer for 5 more minutes.
7. Return the pasta and sausage to the skillet, stirring to combine. If the sauce is too thick, stir in a bit of the reserved pasta water, 1 tablespoon at a time, until the desired consistency is reached.
8. Garnish with parsley and more Parmesan before serving.

Notes

Reserving the starchy pasta water is key for adjusting the sauce consistency. For a spicier kick, use a spicy smoked sausage or add a pinch of cayenne pepper to the sauce.

Keywords: Sausage, Pasta, Noodle, One Pan, Cajun