

ITALIAN SAUSAGE RAGU

SERVINGDUMPLINGS.COM

COOK TIME: 30mins

SERVES: 4

CALORIES: 683 kcal (PER SERVING)

INGREDIENTS

1 tbsp olive oil
1 small brown onion, finely chopped
4 garlic cloves, minced
500 g Italian sausage, sweet + spicy,
casings removed
1 large carrot, diced
 $\frac{1}{2}$ cup red wine
 $\frac{1}{2}$ cup beef broth
3 tbsp tomato paste
800 ml San Marzano crushed tomatoes
2 tbsp chopped parsley
300 g penne
grated parmesan, for serving

*SPICES

1 tsp fennel seeds, salt, black pepper,
dried rosemary, dried sage, dried oregano
 $\frac{1}{4}$ tsp crushed red pepper flakes, more to taste
 $\frac{1}{4}$ tsp grated nutmeg

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the onion, peel and dice the carrot. Remove casings from Italian sausages.

Heat oil in a large heavy bottomed pot over medium low. Add garlic and onion, cook for 2 minutes. Add sausages, break up into pieces. Cook until browned and no longer pink in the middle, 5 minutes. Add carrot and spices, cook for 1 minute.

Pour in red wine, simmer for 2 minutes. Add beef broth and tomato paste. Simmer for 3 minutes. Add crushed tomatoes, simmer the sauce uncovered for 10-15 minutes until slightly thickened.

While the sauce is simmering, bring a large pan of generously salted water to a boil and cook penne according to the packet instructions. Drain, reserving a ladle of pasta water.

In the meantime, chop the parsley.

When ready, add pasta and parsley to the sauce, toss to combine. Adjust salt and pepper to taste. Add a splash of cooking water, if needed.

Serve immediately sprinkled with grated Parmesan. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.