

# **15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes**

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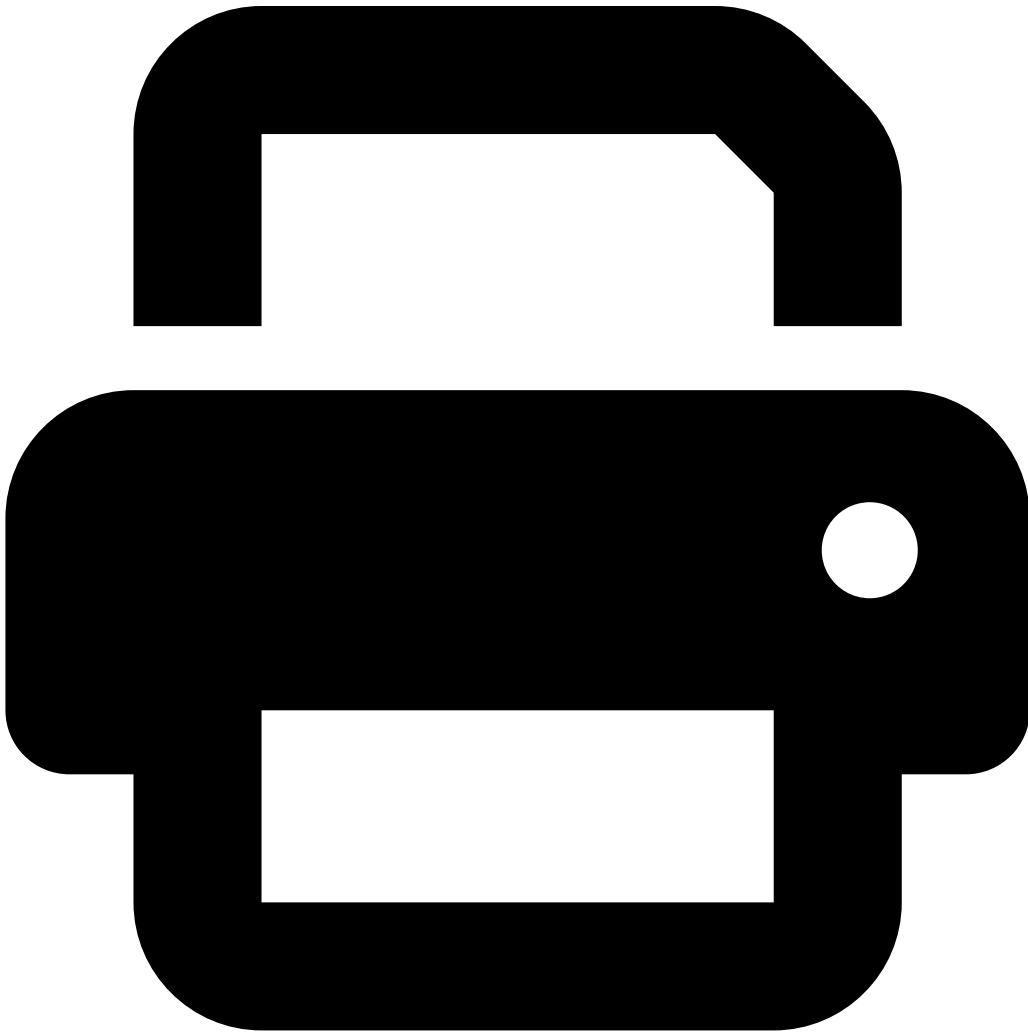
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Weeknight cooking doesn't need to be complicated to be good. Some of the best Italian meals are built on simple ingredients, cooked well, and brought to the table without overthinking it.

This is the kind of food you make when you want something real—pasta that comes together in one pan, sauces that don't take all day, and meals that feel comforting without being heavy. It's not about perfection, it's about flavor, timing, and knowing a few go-to recipes you can rely on.

Inside this 15 weeknight Italian meals guide, you'll find a collection of easy weeknight Italian meals—from quick pastas and skillet dinners to cozy baked dishes and fresh, seasonal sides. Everything here is designed to work in real life, with recipes you can make in under 45 minutes and come back to again and again.

# Lemon Asparagus Ricciarelle Pasta

Light, fresh, and full of spring flavors! This **Lemon Asparagus Pasta** features tender sautéed asparagus, bright lemon sauce, and Parmesan, perfect for an easy weeknight dinner or elegant spring meal.

[GO TO RECIPE](#)

# One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This one-pot creamy zucchini pasta is a traditional Italian recipe where pasta cooks directly with zucchini, onion, and olive oil, creating a naturally creamy sauce with Parmesan and pasta starch.[GO TO RECIPE](#)

# Spicy pasta Norcina Spicy Italian sausage pasta

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook[GO TO RECIPE](#)

# Pesto tortellini pasta salad

If you're looking for the perfect summer pasta salad, this pesto tortellini pasta **Salad** is one of my favorites. Full of Mediterranean flavors and hearty enough to be a meal on its

own, it's one of those dishes that always disappears quickly when ever I bring it to potlucks, or Sunday lunches.[GO TO RECIPE](#)

## **Authentic Italian Pasta e Fagioli**

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. for many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It's the ultimate "cucina povera" dish- poor kitchen.[GO TO RECIPE](#)

## **Air Fryer Parmesan chicken Spiedini**

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.[GO TO RECIPE](#)

## **Chicken Meatballs with marry me orzo**

Tender chicken meatballs are always a hit at the dinner table, and when you pair them with creamy *Marry Me Orzo*, you've got the ultimate comfort meal. This dish brings together juicy baked chicken meatballs and orzo pasta simmered in a rich Parmesan and sun-dried tomato cream sauce. It's the kind of meal that feels special enough for date night yet easy enough for a weeknight family dinner.[GO TO RECIPE](#)

## **Pollo al Limone Italian lemon**

# chicken

Lemons are in peak season right now, and there's no better way to celebrate their bright, zesty flavor than with this Italian Lemon Chicken. Known as *Pollo al Limone*, this dish is simple, rustic, and full of Southern Italian charm. With a golden sear, a light pan sauce, and a fresh lemon-parsley drizzle, it's the kind of meal that tastes like summer. GO TO RECIPE

## Best cod Francese Recipe- in 30 minutes

**Best Cod Francese Recipe – in 30 Minutes** is a lightly battered, pan-fried cod fillet in an elegant lemon, butter and white wine sauce. It's similar to chicken piccata—but without the capers and with a velvety, lemon-butter sauce that clings to the golden crust. Cod Francese is a classic restaurant-style dish that's surprisingly simple to make at home. The hallmark is the light coating of flour and egg that gives the fish a delicate, crisp texture—perfect for soaking up that tangy, buttery sauce. GO TO RECIPE

## Shrimp spaghetti with basil tomato sauce

This Shrimp Spaghetti with Tomato Basil Sauce is a simple, fresh pasta dish made with sautéed shrimp, juicy summer tomatoes, garlic, and plenty of fragrant basil. The sauce is created right in the pan by combining the tomato juices with starchy pasta water and a generous handful of grated parmesan, giving you a light flavorful coating that clings to the pasta. GO TO RECIPE

<https://lorianasheacooks.com/shrimp-tomato-basil-spaghetti/>

# Authentic Italian shrimp oreganata

Crispy, garlicky, and straight out of an Italian kitchen.

This shrimp oreganata is all about simple ingredients—olive oil, lemon, breadcrumbs, and a heavy hand with oregano—baked until golden and perfect for scooping with bread.

It's fast, it's bold, and it tastes like something you'd order at your favorite spot... but better at home.

[GO TO RECIPE](#)

# Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They are juicy, crispy delicious and so easy to make. Serve the cutlets along side a salad for a light lunch or dinner.[GO TO RECIPE](#)

# The Best Italian-Style Fried Calamari

Golden, crispy, and impossible to stop eating.

This Italian-style fried calamari is light, crunchy, and finished with lemon and a pinch of salt—just the way it should be. No heavy batter, no fuss—just fresh squid, a quick fry, and that perfect crisp.

Serve it hot with marinara or straight up with lemon... either way, it's gone in minutes.

GO TO RECIPE

## Braised Fennel Oreganata with Pancetta

Braised fennel oreganata with pancetta is one of those simple Italian side dishes that feels both rustic and elegant – the kind of recipe that tastes like it came out of a cozy countryside kitchen. Fennel is one of my favorite seasonal ingredients to cook with this time of year. When it's in season, it's sweet, aromatic, and incredibly versatile, and I love finding ways to let its natural flavor shine.

GO TO RECIPE

## One pan orzo with summer vegetables

**Some meals just feel easy**—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.  
GO TO RECIPE

At the end of the day, weeknight cooking should feel manageable—not like a project. These are the kinds of Italian meals you can lean on when you want something good without spending hours in the kitchen. Simple ingredients, a few solid techniques, and recipes that actually work on a busy night.

Whether it's a quick pasta, a one-pan skillet, or something baked and cozy, this is the kind of cooking that becomes part of your routine—the meals you make without thinking twice, and the ones everyone looks forward to.

Save this guide so you always have a go-to list of easy weeknight Italian meals.

Pick a recipe to try this week, and come back when you need something new. For more simple, flavorful Italian recipes, explore the blog and find your next favorite.

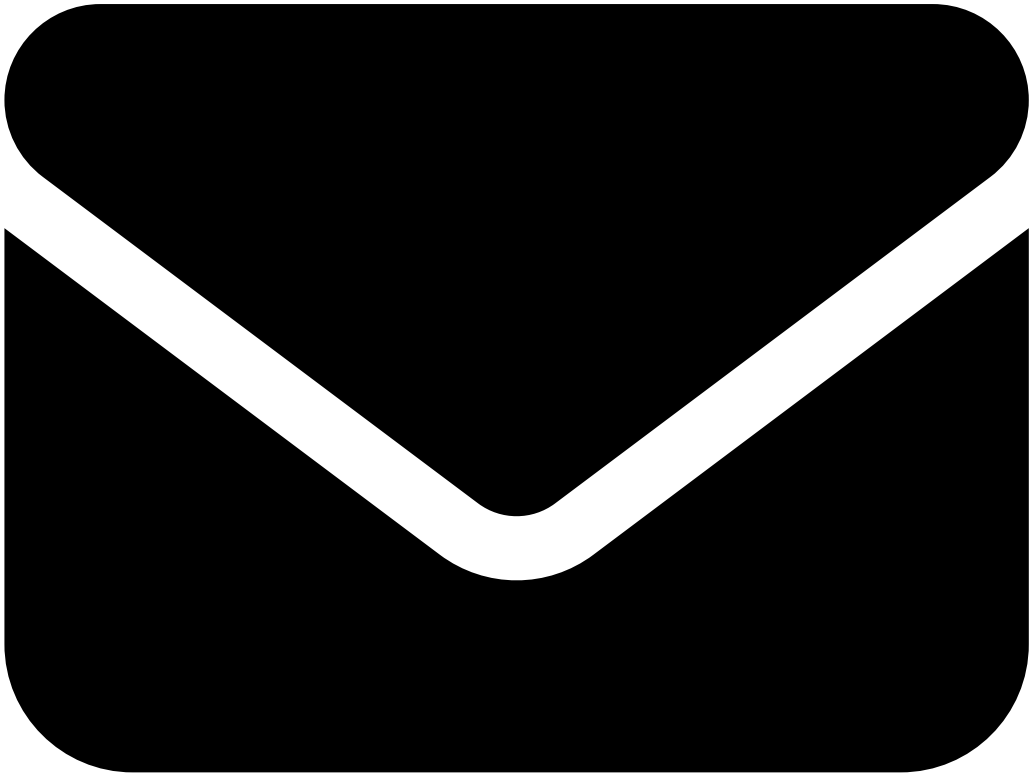
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## **Italian Braised Pork Ribs**

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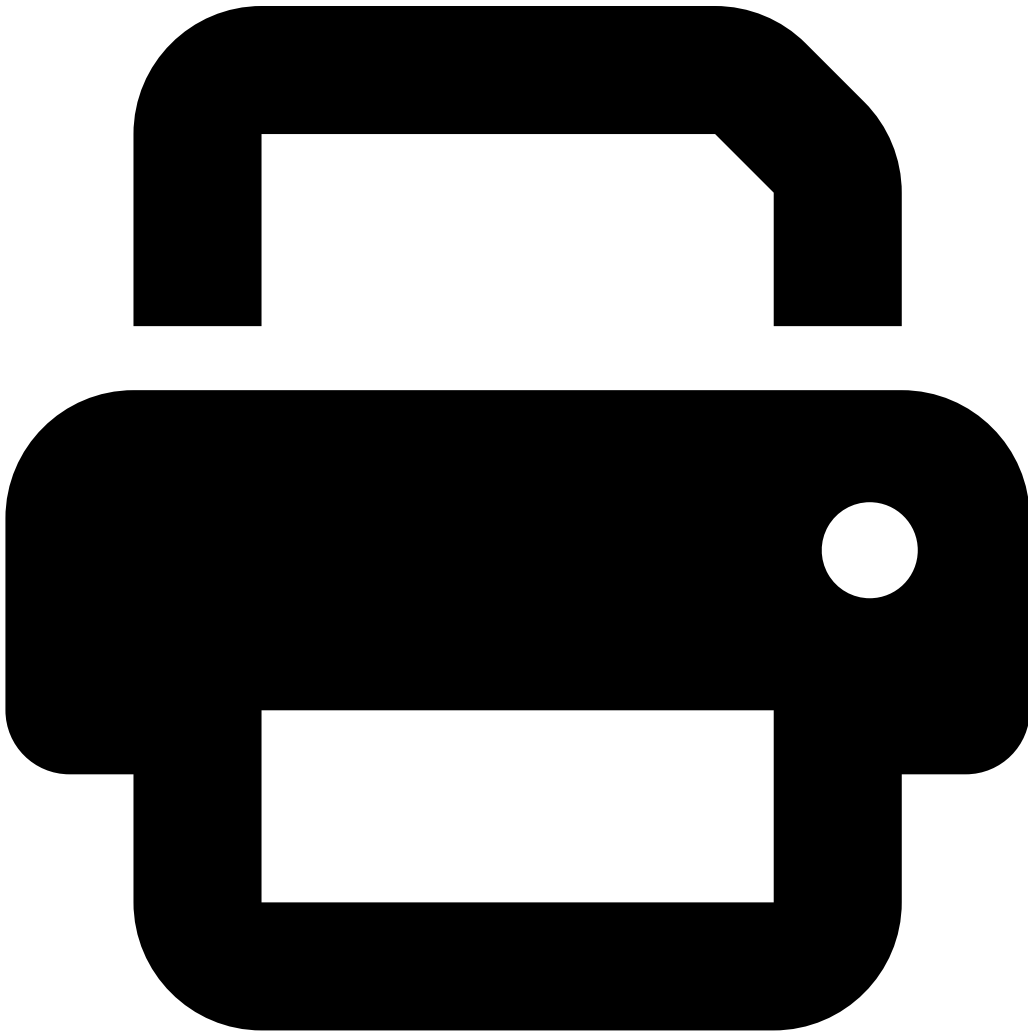
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These braised pork ribs are a true comfort dish—rich, rustic, and deeply flavorful. Instead of grilling or roasting, the ribs are slowly cooked in a classic Italian soffritto of onion, carrot, and celery, then deglazed with white wine and simmered with a touch of tomato sauce. The result is incredibly tender meat that melts off the bone and a savory sauce perfect for spooning over pasta, polenta, or crusty bread.

Braised meats have long been a cornerstone of Italian home cooking, especially in regions where tougher, more economical cuts were transformed into rich, comforting meals through slow cooking. This technique—known as *brasato*—relies on time, gentle heat, and simple ingredients to build deep flavor.

# Things to know about this Italian Braised Pork Rib recipe

Fall-apart tender ribs every time

- Built on simple, classic Italian flavors
- Perfect for Sunday dinner or special occasions
- Make-ahead friendly—the flavor gets even better

## Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stovetop or in the oven.

**Freezer-friendly:** Freeze for up to 2 months. Thaw overnight in the refrigerator before reheating.

## What to Serve With

- Creamy polenta
- Pasta
- Crusty Italian bread
- Roasted vegetables

## Tips for Success

- Don't rush the browning—it builds deep flavor
- Keep the heat low during braising for the most tender results
- Make it a day ahead for even richer flavor

Loved this recipe? Explore more cozy Italian comfort food dishes here:

- ☐ Anelletti al forno Authentic Sicilian baked pasta recipe
- ☐ Lemon asparagus pasta recipe a Spring time favorite
- ☐ One pot creamy zucchini pasta a perfect weeknight meal ready in less than 30 minutes

Or head back to the blog at [lorianasheacooks.com](http://lorianasheacooks.com) for more

rustic, home-cooked Italian meals ☐

## Italian Braised Pork Ribs



Tender pork ribs braised low and slow in a classic Italian soffrito, deglazed with white wine and simmered in tomato sauce until fall-apart delicious.

- 3 lbs. pork ribs
- 4 Tbsp. olive oil
- 1 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1/2 cup celery (chopped)
- 1 Tbsp. garlic (minced)
- 3/4 cup white wine
- 1 cup chicken stock
- 1 cup tomato sauce
- salt and pepper to taste

1. **Sear the ribs** Season the pork ribs with salt and pepper. Heat olive oil in a large Dutch oven over medium-high heat and sear the ribs on all sides until browned. Remove and set aside.

2. **Build the soffrito** In the same pot, add onion, carrot, and celery. Cook until softened and fragrant, about 5–7 minutes. Stir in the garlic and cook for another minute.
3. **Deglaze** Pour in the white wine, scraping up any browned bits from the bottom of the pot. Let it simmer for 2–3 minutes to reduce slightly.
4. **Braise** Return the ribs to the pot and add the tomato sauce. Cover and reduce heat to low. Let simmer gently for 1½ to 2 hours, or until the ribs are tender and nearly falling off the bone.
5. **Finish and serve** Sprinkle with fresh parsley before serving. Spoon the sauce over the ribs and serve hot.

Main Course

Italian

Italian, braised, porkribs, ribs

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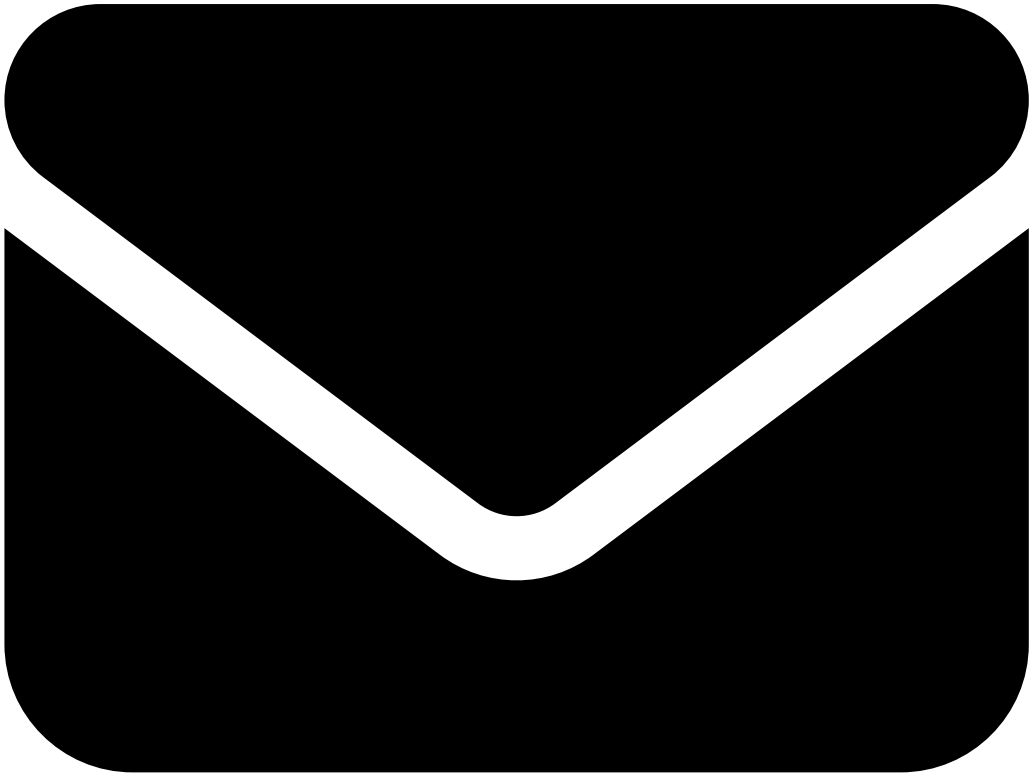
## Italian Meatloaf with Roasted Potatoes

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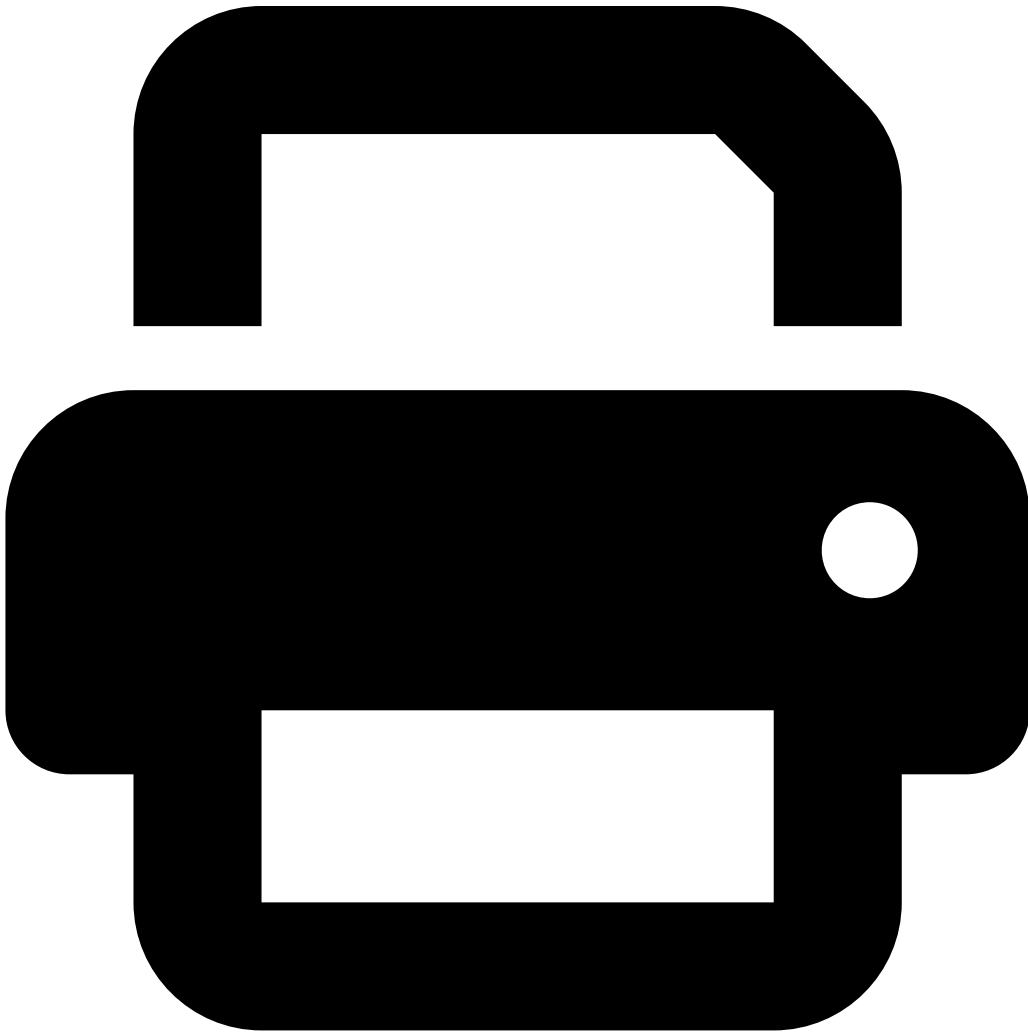
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*Polpettone con Patate al Forno)*

If you grew up in an Italian kitchen, you know that **meatloaf isn't just meatloaf** – it's *polpettone*. Tender, flavorful, and filled with herbs, cheese, and garlic, this Italian-style meatloaf is baked alongside golden roasted potatoes for the ultimate one-pan comfort meal. It's rustic. It's hearty. And it tastes even better the next day.

If you love this classic version, you have to try my **Stuffed Italian Meatloaf** – it's filled with melty cheese and takes polpettone to the next level. And if you're planning a full Sunday dinner, this pairs beautifully with my **Sautéed Swiss Chard** for that perfect balance of hearty and fresh.

# Things to know about this Italian Meatloaf with Roasted Potatoes

**Don't skip the milk.** It keeps the polpettone tender and prevents it from drying out.

- **Use freshly grated Pecorino Romano.** Pre-grated cheese won't melt the same way and can affect texture.
- **Let it rest.** Give the meatloaf at least 10 minutes before slicing so the juices redistribute.
- **Cut potatoes evenly.** Uniform pieces ensure they roast at the same rate.
- **Internal temperature matters.** You're looking for 160°F in the center for perfectly cooked meat.
- **Flavor gets better the next day.** Leftovers make incredible sandwiches on crusty Italian bread.

## Serving Suggestions

Serve with:

- A simple arugula salad
- Sautéed broccoli rabe
- Warm crusty Italian bread

And don't forget extra grated Pecorino on top.

## Storage & Reheating

- Store in the refrigerator for up to 4 days
- Freeze slices individually for easy meals
- Reheat covered at 325°F or gently in a skillet
- This Italian meatloaf with potatoes is the kind of meal that brings everyone to the table. It's simple, deeply

flavorful, and feels like Sunday at Nonna's house – even if you're making it on a Wednesday.

If you make this Italian Meatloaf with Potatoes, I'd love to hear how it turned out for you ☐

Leave a comment below and let me know if you added your own twist – maybe extra cheese or a little prosciutto inside?

And if you're craving more classic comfort food, be sure to check out my other traditional Italian dinner recipes on the blog.

Save this recipe, share it with someone who loves a good Sunday supper, and let's keep cooking like Italians

## **Italian Meatloaf with Roasted Potatoes**



Italian Meatloaf (Polpettone) with roasted potatoes is a hearty, one-pan dinner made with beef, pork, Pecorino, and herbs—perfect for Sunday supper.

- 1 1/2 lbs. ground beef ((80/20 for best flavor)
- 1/2 lb. ground pork
- 2 large eggs
- 1 cup plain breadcrumbs
- 1/2 cup freshly grated Pecorino Romano
- 1 Tbsp. minced garlic

- 1/3 cup fresh Italian parsley, chopped
- 1/2 cup whole milk
- 1 tsp. dried oregano
- 1 tsp. red pepper flakes
- salt and pepper to taste
- 2 lbs. Yukon Gold potatoes, peeled and cut into wedges
- 1 Tbsp minced garlic
- 1 Tbsp. Fresh rosemary (optional)

## 1. **Preheat Oven**

Preheat your oven to **375°F**.

## 2. **Prepare the Potato Base**

In a large bowl, toss the potatoes with olive oil, garlic, oregano, salt, and pepper. Spread them evenly in a large baking dish or sheet pan.

## 3. **Make the Meatloaf Mixture**

In a large mixing bowl, combine:

Ground beef

Ground pork

Eggs

Breadcrumbs

Pecorino Romano

Garlic

Parsley

Milk

Salt, pepper, oregano, and red pepper flakes

Mix gently with your hands just until combined. Do not overmix – that's the secret to tender meatloaf.

#### 4. **Shape and Assemble**

Form the mixture into a loaf shape and place it directly in the center of the potatoes.

If using provolone, flatten the mixture slightly, layer cheese in the center, then seal and reshape.

Drizzle a little olive oil over the top.

#### 5. **Bake**

Bake uncovered for **55–70 minutes**, or until the internal temperature reaches **160°F**.

About halfway through cooking, gently turn the potatoes so they brown evenly.

If the top needs more color, broil for 2–3 minutes at the end.

#### 6. **Rest Before Slicing**

Let the meatloaf rest for **10–15 minutes** before slicing. This keeps it juicy and prevents crumbling.

Main Course

Italian

Italian, meatloaf

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# Italian White Beef Stew with Potatoes & Peas

## Italian White Beef Stew with Potatoes & Peas

( Spezzatino di Manzo in Bianco )

There's something deeply comforting about a pot of beef stew slowly simmering on the stove. This Italian White Beef Stew—known as *Spezzatino di Manzo in Bianco*—is rustic, simple, and full of old-world flavor.

Unlike tomato-based stews, this version is made without tomatoes, creating a light, savory sauce that lets the beef, potatoes, and sweet peas shine. It's the kind of dish you'd find in a nonna's kitchen on a Sunday afternoon—served with crusty bread and good conversation.

Tender chunks of beef, silky potatoes, and bright green peas come together in a rich broth built from olive oil, aromatics, and slow cooking. It's humble, hearty, and exactly the kind of meal that warms you from the inside out.

## Things to know about this Italian White Beef Stew with Potatoes &

# Peas

- **Cut of beef matters:** Chuck or stewing beef gives the most tender results.
  - **Flouring the meat:** Lightly coating the beef in flour thickens the sauce naturally.
  - **Vegetable timing:** Add peas at the very end to keep them bright and tender.
  - **Flavor boost:** Letting the stew rest 10–15 minutes off heat allows flavors to meld beautifully.
- 

## Storage & Reheating

- **Fridge:** Store in an airtight container for up to **3–4 days**.
  - **Freezer:** Freeze in a freezer-safe container for up to **3 months**.
  - **Reheating:** Gently reheat on the stovetop over low heat, adding a splash of broth if needed. The potatoes may absorb some liquid, so stir occasionally to keep it saucy.
- 

If you loved this **Spezzatino di Manzo in Bianco**, check out more cozy Italian recipes on the blog:

- Classic Italian Polenta – perfect to serve alongside this stew.
- Rustic Italian Meatballs – another comforting favorite.

- Easy Italian Minestrone Soup – for a light starter or side.

Don't forget to **save this recipe** for your next Sunday dinner and share it with friends who love **Italian comfort food**.





## **Italian White Beef Stew with Potatoes & Peas**

- **Prep Time:** 20 minutes
- **Cook Time:** 1 hour 30 minutes
- **Total Time:** About 1 hour 50 minutes
- **Servings:** 4-6

# Ingredients

- 2 lbs beef chuck, cut into 1½-inch cubes
- 3 tablespoons olive oil
- 1 medium yellow onion, finely diced
- ½ cup diced celery
- ½ cup diced carrots
- 2 cloves garlic, minced
- ½ cup dry wine **or** additional broth
- 3 cups beef broth (more if needed)
- 1 bay leaf
- 1 teaspoon chopped fresh rosemary (or ½ tsp dried)
- 1½ lbs Yukon Gold potatoes, peeled and cut into chunks
- 1 cup frozen peas
- Salt and black pepper, to taste
- Fresh parsley, for garnish

# Instructions

## 1. Lightly Flour & Brown the Beef

Pat the beef dry and season generously with salt and pepper. Lightly coat each piece with flour, shaking off any excess. Heat olive oil in a heavy Dutch oven over medium heat. Brown the beef gently on all sides, letting it caramelize slightly for deeper flavor.

## **2. Cook the Vegetables**

Add the diced onion, celery, and carrots to the same pot. Cook until softened, about 5–7 minutes. Add garlic and cook another 30 seconds.

## **3. Deglaze & Simmer**

Deglaze the pan with wine or a splash of broth, scraping up all the browned bits from the bottom. Add the rest of the broth, bay leaf, and rosemary. Make sure the liquid just covers the meat and vegetables.

Bring to a gentle simmer, cover, and cook on low for about 1 hour, stirring occasionally.

## **4. Add the Potatoes**

Add the potatoes to the pot. Cover and continue simmering another 25–30 minutes, or until both the beef and potatoes are fork-tender.

## **5. Finish with Peas**

Stir in the peas during the last 5–7 minutes of cooking. Adjust salt and pepper as needed. Remove the bay leaf and sprinkle with fresh parsley before serving

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# **Traditional Italian Stuffed**

# Pork Loin Roast

## Traditional Italian Stuffed Pork Loin Roast

There are some dishes that instantly feel like Sunday. This traditional Italian stuffed pork loin is one of them. Long before recipes were written down, pork roasts like this were prepared in Italian homes as a way to turn a simple cut of meat into something special—aromatic, comforting, and meant to be shared around the table.

In many regions of Italy, especially central and southern areas, pork was reserved for important meals and holidays. Stuffing the roast with breadcrumbs, herbs, cheese, and a little pancetta was both practical and intentional. Nothing was wasted. Day-old bread became filling, cured pork added depth, and fresh herbs from the garden brought everything together. The roast would be tied, slowly cooked, and served with whatever vegetables were in season—often fennel, potatoes, and carrots—so the entire meal could come together in one pan.

This is not a fancy dish, and that's exactly the point. It's rustic, deeply flavorful, and rooted in tradition. The kind of recipe passed down by watching, tasting, and remembering. As it roasts, the pork stays juicy, the stuffing perfumes the meat from the inside, and the vegetables soak up all those incredible pan juices.

It's the kind of meal that fills the kitchen with warmth, feeds a crowd, and somehow tastes even better the next day. A true Italian classic—and absolutely a keeper.

# Things to know about this Traditional Italian Stuffed Pork Loin Roast

- **Fresh breadcrumbs matter:** This stuffing relies on soft, day-old Italian bread, not dried stuffing mix. It keeps the filling light and flavorful.
- **Pecorino is traditional:** Pecorino Romano pairs naturally with pork and pancetta, giving the stuffing its classic savory bite.
- **Don't overstuff:** A thin, even layer allows the pork to cook evenly and keeps the roast juicy.
- **Fennel sweetens as it roasts:** The fennel mellows and becomes tender, soaking up the pork juices and complementing the stuffing beautifully.
- **Resting is essential:** Letting the roast rest before slicing keeps the juices in the meat where they belong.
- **Even better the next day:** Leftover slices are perfect for sandwiches, pan-searing, or adding to beans or pasta.

## • More Classic Italian Recipes You May Enjoy

- **Mama's Meatballs** – another old-school Italian recipe that uses fresh breadcrumbs the traditional way
- **Italian Potato Leek Soup with Pancetta** – a comforting soup where pancetta adds rich, savory flavor
- **Authentic Childhood Italian Pasta e Fagioli** – a

rustic, traditional dish made with simple pantry ingredients

- **Italian carpaccio persimmon and Fennel Salad** – a bright, classic fennel recipe that pairs beautifully with pork





# **Traditional Italian Stuffed Pork Loin Roast**

## **Prep Time**

25 minutes

## **Cook Time**

1 hour 15 minutes

## **Total Time**

1 hour 40 minutes

# Servings

6–8 servings

# Ingredients

## ▪ **Pork & Stuffing**

- 3–4 lb. pork loin, butterflied
- 3 oz pancetta, finely chopped
- 2 garlic cloves, minced
- 1½ cups fresh breadcrumbs
- 1/3 cup fresh parsley, finely chopped
- 2 tbsp fresh rosemary or sage, chopped
- ½–¾ cup Pecorino Romano, finely grated
- 1 egg, lightly beaten
- Olive oil
- Salt & black pepper

## ▪ **Vegetables**

- 1–2 fennel bulbs, cut into wedges
- 1½–2 lbs. potatoes, cut into large chunks
- 3–4 carrots, cut into large pieces
- 4–5 garlic cloves, smashed
- Olive oil, salt & pepper
- ½–¾ cup dry white wine or chicken broth

# Instructions

## 1. Prepare the Stuffing

Heat a small pan with olive oil over medium-low heat.

Sauté pancetta until lightly rendered. Add garlic and cook just until fragrant.

Transfer to a bowl and mix with breadcrumbs, parsley, herbs, Pecorino, black pepper, and optional fennel seeds.

Stir in the beaten egg until the mixture is moist and just holds together.

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## 2. Stuff the Pork

Lay the butterflied pork loin flat and season lightly with salt and pepper.

Spread stuffing evenly over the meat, leaving a small border.

Roll tightly and tie securely with kitchen twine every 1½–2 inches.

## 3. Prepare the Vegetables

Toss fennel, potatoes, carrots, and garlic with olive oil, salt, and pepper.

Spread evenly in a large roasting pan.

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## 4. Roast

Preheat oven to **375°F (190°C)**.

Place the stuffed pork loin on top of the vegetables.

Pour white wine or broth around the vegetables (not over the pork).

Roast uncovered for about **25 minutes per pound**, until the

internal temperature reaches **140–145°F**.

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## **5. Rest & Serve**

Remove from oven and rest the pork for **15 minutes** before slicing.

Slice thick and serve with roasted vegetables and pan juices spooned over the top.

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# **Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)**

# **Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)**

Golden, flaky, and packed with classic Italian flavor, **Italian Sausage Rolls** are the kind of appetizer that disappears the moment they hit the table. Think buttery puff pastry wrapped around seasoned Italian sausage, kissed with garlic, herbs, and cheese—simple to make, impressive to serve, and endlessly versatile.

Whether you're hosting a holiday gathering, planning a New Year's Eve spread, or just want an easy savory bite with big flavor, these sausage rolls deliver every time.

## Things to know about these Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)

- **Easy but elegant** – store-bought puff pastry does the heavy lifting
- **Classic Italian flavors** – fennel, garlic, herbs, and Parmigiano Reggiano
- **Make-ahead friendly** – assemble and refrigerate or freeze
- **Perfect for parties** – slice small for appetizers or larger for lunch

### • Serving Ideas

- Serve warm with **marinara sauce** for dipping
- Pair with **spicy Calabrian chili oil** for heat lovers
- Add to an Italian antipasto platter with olives, cheeses, and roasted peppers

## Make-Ahead & Freezing Tips

- **Make ahead:** Assemble rolls, cover, and refrigerate up to 24 hours before baking.
  - **Freeze unbaked:** Slice, freeze solid, then transfer to freezer bags. Bake straight from frozen, adding 5–7 minutes to baking time.
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# Italian Variations

- **Sausage & Peppers:** Add finely chopped sautéed red peppers to the filling
- **Cheesy Mozzarella:** Add small cubes of low-moisture mozzarella
- **Spinach & Sausage:** Fold in sautéed, well-drained spinach

## • A Little Italian Inspiration

Sausage wrapped in dough has long been part of Italian home cooking—from rustic breads stuffed with salsiccia to bakery-style savory pastries. These sausage rolls are a modern, party-friendly nod to those traditions, using puff pastry for ease without sacrificing flavor.

- If you loved these **Italian Sausage Rolls**, be sure to try my other favorite Italian appetizers like **Easy Savory Puff Pastry Twists**, **Italian Stuffed Mushrooms**, and **Shrimp Oreganata**—all simple, classic recipes that are perfect for entertaining. Don't forget to bookmark this recipe and follow along for more Italian comfort food made easy.





- **Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)**
- **Servings:** 24 bite-size sausage rolls
- **Prep Time:** 20 minutes
- **Chill Time:** 20–30 minutes
- **Cook Time:** 22–25 minutes
- **Total Time:** About 1 hour

## Ingredients

- 1 pound Italian sausage (sweet or hot), casings removed
- 2 sheets puff pastry, thawed
- 1/2 cup grated Parmigiano Reggiano
- 1 tablespoon Dijon or spicy brown mustard
- 1 clove garlic, finely minced
- 1 tablespoon chopped fresh parsley

- 1/2 teaspoon fennel seeds, lightly crushed (optional)
- Freshly ground black pepper, to taste
- 1 egg, beaten (for egg wash)
- Sesame seeds or flaky salt (optional, for topping)

## **Instructions**

### **1. Prepare the Filling**

In a bowl, combine the Italian sausage, Parmigiano Reggiano, mustard, garlic, parsley, fennel seeds, and black pepper. Mix gently until just combined—don't overwork the sausage.

### **2. Roll Out the Pastry**

On a lightly floured surface, roll each sheet of puff pastry slightly to smooth seams and create an even rectangle. Cut each sheet lengthwise into two long strips.

### **3. Fill and Roll**

Spoon a line of sausage filling down the center of each strip. Brush one long edge with egg wash, then roll the pastry over the filling, seam-side down.

### **4. Chill for Clean Cuts**

Place the rolls on a parchment-lined baking sheet and refrigerate for 20–30 minutes. This helps the pastry firm up and makes slicing easier.

### **5. Slice and Bake**

Cut each roll into 1½–2-inch pieces. Brush tops with egg wash and sprinkle with sesame seeds or flaky salt if desired. Bake at **400°F (200°C)** for 22–25 minutes, or until puffed and deeply golden.

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# Italian Stuffed Meatloaf Roll (Polpettone Ripieno)

## Italian Stuffed Meatloaf Roll (Polpettone Ripieno)

This Italian-style meatloaf is a comforting twist on my family's classic meatball recipe . The seasoned meat mixture is spread out, layered with Italian ham, provolone cheese, and steamed spinach, then rolled into a beautiful log and roasted until juicy and golden. It's perfect for Sunday dinner or any night you want something hearty and impressive.

This meatloaf reminds me of the hearty, comforting meals my mother used to make on chilly Sundays. She always seasoned her meat like meatballs, with garlic, parsley, and grated onion, and I've taken that same flavor base and turned it into a beautiful meat roll stuffed with ham, provolone, and spinach. It's a dish that feels special enough for company but cozy enough for a family dinner – and the best part is slicing it to reveal that gorgeous spiral of filling inside.

## Things to know about this Italian Stuffed Meatloaf Roll (Polpettone Ripieno)

- **The onion matters:** Grated onion keeps the meat tender and juicy – a little trick from Italian meatball making.

- **Make ahead:** Roll and refrigerate up to a day in advance; it holds together beautifully.
- **Variations:** Try roasted red peppers instead of spinach or mozzarella in place of provolone.
- **Finishing touch:** Brush with a bit of tomato sauce during the last 10 minutes of baking for extra flavor and shine.

## • **More Italian Classics to Try**

- Mama's best Italian Meatballs
- Italian Sausage, Potatoes, and Peppers
- Stuffed Chicken Breast with mushroom sauce





## **Italian Stuffed Meatloaf Roll (Polpettone Ripieno)**

**Servings:** 6–8

**Prep Time:** 20 minutes

**Chill Time:** 1 hour (or overnight)

**Cook Time:** 50–60 minutes

**Total Time:** 1 hour 70 minutes (including chilling)

# Ingredients

▪ **For the meat mixture:**

- 2 pounds ground beef (or a mix of beef and pork)
- 2 large eggs
- 1 cup grated onion (with juices)
- 1/2 cup milk
- 1 cup bread crumbs
- 3 slices stale bread torn into small pieces
- ½ cup grated Parmigiano-Reggiano cheese
- 2 cloves garlic, finely minced
- 2 tablespoons chopped fresh parsley
- salt and pepper to taste
- 1 teaspoon dried oregano
- 1 tablespoon olive oil

**For the filling:**

- 6 to 8 thin slices Italian ham (prosciutto cotto or mortadella)
- 6 slices provolone cheese
- 1 ½ cups steamed spinach, squeezed dry
- Olive oil for brushing

# Instructions

## 1. Prepare the meat mixture:

In a large bowl, combine the milk, eggs, grated onion (and its juices), Parmigiano, bread and breadcrumbs, garlic, parsley, salt, pepper, and oregano mix well then add in the meat and mix just until well combined.

## 2. Form the base:

Lay a large piece of parchment paper or plastic wrap on a flat surface. Spread the meat mixture evenly into a rectangle about  $\frac{1}{2}$  inch thick.

## 3. Layer the filling:

Arrange the slices of ham over the meat, leaving a small border around the edges. Add the provolone on top, then spread the steamed spinach evenly over the cheese.

## 4. Roll it up:

Using the parchment paper to help, roll the meatloaf tightly into a log, sealing the ends as you go. Wrap it in plastic wrap and refrigerate for at least 1 hour (or overnight) to firm up.

## 5. Roast:

Preheat the oven to 375°F (190°C). Place the meatloaf seam-side down on a parchment-lined baking sheet or roasting pan. Brush lightly with olive oil.

## 6. Bake:

Roast uncovered for 50–60 minutes, or until the internal temperature reaches 160°F (71°C). Let it rest 10 minutes before slicing.

## 7. Serve:

Slice into rounds to reveal the beautiful swirl of ham, cheese, and spinach. Serve with roasted or mashed potatoes.

## 8. **Optional Pan Sauce**

Don't let those flavorful pan drippings go to waste! After roasting, I like to make a simple Italian-style pan sauce right in the same pan. Whisk a little flour into the drippings to form a roux, then deglaze with white wine and warm broth. A touch of tomato paste adds richness, and finishing with a pat of butter gives it a silky shine. Spoon this savory sauce over the sliced meatloaf for a beautiful, restaurant-style finish.

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# **The Ultimate Thanksgiving Dinner Guide**

# **The Ultimate Thanksgiving Dinner Guide**

We don't celebrate Thanksgiving in Italy – at least, not in the traditional American sense. But we *do* celebrate the same spirit behind it: gathering with family, sharing food made from the heart, and being grateful for the simple joys of life. In Italy, that feeling comes alive during big Sunday

lunches or holiday feasts – long meals that stretch into the afternoon, filled with laughter, stories, and too many delicious dishes to count.

When I moved to America, I instantly fell in love with Thanksgiving. It reminded me so much of those Italian family gatherings – the warmth, the noise, the joy of being together around a table overflowing with food. Over the years, I've blended a little bit of both worlds into my celebration: classic Thanksgiving dishes with touches of Italian flavor and comfort.

Whether you're hosting for the first time or a seasoned cook looking to freshen up your holiday menu, this guide brings together my favorite recipes from the blog – from a perfectly roasted **holiday turkey** and cozy **Italian-style soup**, to flavorful **side dishes** that make the meal unforgettable. My goal is to help you create a Thanksgiving dinner that feels joyful, comforting, and wonderfully stress-free – the kind that leaves you with time to savor every bite and every moment.

## Thanksgiving Planning 101

A stress-free Thanksgiving starts with a little planning. The secret? Do as much as you can ahead of time. I like to make my shopping list a week before and start prepping small things early – chopping herbs, mixing pie dough, or even setting the table the night before.

**Here's a simple plan to follow:**

- **1 Week Before:** Finalize your menu and grocery list.
- **3 Days Before:** If using a frozen turkey, set in the fridge to thaw. Prep vegetables, bake desserts, and make cranberry sauce.
- **1 Day Before:** Brine or season the turkey, assemble

casseroles, and set the table.

- **Thanksgiving Day:** Roast the turkey, warm the sides, and savor every moment.
  - *Tip:* Use large sheet pans or trays to organize ingredients for each dish – it keeps your prep area tidy and makes cooking so much smoother.

## ▪ Defrosting Turkey

### **How to Defrost a Turkey**

If you're using a frozen turkey, be sure to give yourself plenty of time to thaw it safely in the refrigerator. The rule of thumb is **24 hours of thawing for every 4–5 pounds of turkey**. Place the wrapped turkey on a rimmed baking sheet to catch any drips, and let it slowly defrost in the coldest part of your fridge. A large bird can take several days, so plan ahead – starting the thaw early is one of the biggest stress-savers of Thanksgiving week.

## **The Star of the Show – The Turkey**



Every Thanksgiving table begins with the turkey, and my **Best Holiday Turkey** recipe is one I look forward to making each year. Roasted with garlic, herbs, and plenty of butter, it's juicy, tender, and full of flavor.

Even though turkey isn't something we often cooked in Italy, I've come to appreciate how it brings everyone together in the same way a big Italian roast might. The aroma fills the kitchen, the golden skin crackles as it roasts, and everyone hovers around waiting for that first slice.

## • **Turkey Roasting Time and Temperature Guide**

### **Oven Temperature:**

- Roast at **325°F (165°C)** – the perfect balance for even cooking and a juicy bird.

### **Cook Time per Pound (Unstuffed Turkey):**

- **15–17 minutes per pound** at 325°F

### **Cook Time per Pound (Stuffed Turkey):**

- **16–18 minutes per pound** at 325°F

### Example:

- 12-lb unstuffed turkey → about **3 to 3.5 hours**
- 16-lb unstuffed turkey → about **4 to 4.5 hours**

### Pro Tips:

- Let the turkey rest for at least 30 minutes before carving.
- Always use a meat thermometer (165°F for the breast, 175°F for the thigh).
- Save the carcass – it makes the most comforting broth for soup the next day.

## Holiday Soup to Start the Meal . . .

- . . . Before the main feast begins, I love starting with something warm and cozy. My **Italian Holiday Chicken Soup** is light but flavorful , . . .

It reminds me of the simple soups my mother used to make in Italy before a big meal – meant to prepare your appetite and warm your heart. The best part? It can be made a day in advance and reheated just before serving, so it's one less thing to worry about on Thanksgiving Day. . .

- . . . *Get the recipe:* . . . [Italian Holiday Chicken Soup](#) → . . .

## Favorite Thanksgiving Side Dishes

No Thanksgiving table is complete without an array of sides – and in my kitchen, they often take center stage. I like mixing **traditional favorites** with **Italian-**

**inspired twists** that bring a little Mediterranean flair to the holiday table.

**Try some of these delicious sides from the blog:**

- **Savory Sausage and Mushroom Stuffing** – hearty, rich, and full of flavor.
- **chicken apple stuffing** – sweet, savory and full of



fall flavors.

- **Easy Savory Mushroom Gravy** – the perfect topping for turkey or mashed potatoes.



- **Balsamic glazed Brussel sprouts** quick, easy, and irresistible stovetop side dish that comes together in just minutes.



- Easy homemade cranberry sauce You won't believe how quick this Easy Cranberry Sauce comes together. It takes just minutes to make, and taste better than store bought.



- Parmesan scallop mashed potatoes There is something about mashed potatoes that just says Thanksgiving. And when you take that classic and add parmesan cheese it's Italian!!

## ▪ **Sweet Endings – Desserts**

After the feast, dessert is where the celebration continues. Whether you're a pumpkin pie traditionalist or love something a little different, these desserts bring warmth and a touch of sweetness to end the meal.

### **Favorite desserts from my kitchen:**

- Crostata Italian jam tart– a beautiful twist on the classic pie with a rich, moist crumb

delicious and ideal for sharing.



- **Italian crescent Amaretti Cookies** – crisp on the outside, chewy in the center – a holiday favorite. Serve with espresso or a small glass of dessert wine for the perfect Italian-style finish.



- **Caffe Affogato with chocolate** a delicious dessert coffee drink.



## Hosting Tips & Timeline

A smooth Thanksgiving is all about timing and ambiance. I like to set my table the night before – candles, linens, serving pieces all ready – so I can focus on cooking and enjoying the day.

### Hosting checklist:

- Create a serving plan (decide which dish goes in which pan or bowl). serving bowls
- Warm your plates before serving set in the oven after removing the turkey and turning the oven off. – it keeps the food hotter longer.
- Set out appetizers and drinks early so guests can mingle while you finish cooking.
- Keep a small pot of simmering citrus and herbs on the stove – it fills the house with the most wonderful scent.

# Leftovers Reinvented

If you ask me, the day after Thanksgiving might be even better than the holiday itself. Leftovers turn into comforting meals that carry the celebration into the weekend.

Try these ideas:

- **Leftover Turkey Soup** – simmer the turkey carcass for a rich, golden



broth.

- **Turkey Croquettes or Patties** – the linked recipe is using chicken use mashed potatoes and bits of leftover turkey instead. . .



- **Left over turkey cranberry and brie**

**panini** – add leftover cranberry sauce and brie to your favorite artisan bread and grill



□ *Tip:* Store leftovers in clear containers so you can easily see what you have. It helps reduce waste and makes meal planning simple.

- Thanksgiving might not be an Italian tradition, but its heart – gathering together in gratitude – feels beautifully familiar. It reminds me of home, of family tables overflowing with love, laughter, and food made with care.

Whether your meal is big or small, traditional or a little Italian-inspired, I hope this guide helps you create a holiday that's full of warmth, flavor, and joyful memories.



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# Italian Sausage, Potatoes, and Green Beans

## Italian Sausage, Potatoes, and Green Beans

When it comes to simple Italian comfort food, this one-skillet meal checks all the boxes – hearty, rustic, and full of flavor. ☑☑

Golden potatoes, tender green beans, and savory Italian sausage come together in one pan, simmered with white wine and chicken stock for a delicious, homey dish that tastes like Sunday dinner any night of the week. Best of all, it's ready in just 30 minutes – perfect for those nights when you want something comforting and satisfying without spending hours in the kitchen.

### Things to know about this Italian sausage potatoes and green beans

- **Choose the right sausage:**

Mild or hot Italian sausage both work beautifully – use whichever matches your taste. For extra flavor, try a mix of sweet and spicy.

- **Deglazing adds flavor:**

That splash of white wine lifts all the browned bits from the bottom of the pan, adding rich depth to the sauce. If you prefer, you can skip the wine and just use

extra chicken stock instead.

- **Texture tip:**

Cut the potatoes into even bite-sized pieces so they cook evenly. To keep the green beans tender-crisp, add them toward the end of cooking.

- **Make it ahead:**

This dish reheats well – store leftovers in the fridge for up to 3 days. It’s even better the next day as the flavors meld together.

- **Variations**

- **Add color:**

Toss in sliced bell peppers or cherry tomatoes for a pop of color and sweetness.

- **Herb twist:**

Swap oregano for rosemary or thyme for a different Italian flavor profile.

- **Spicy version:**

Use hot Italian sausage and add extra crushed red pepper flakes for a little kick.

- **Cheesy finish:**

Stir in a handful of shredded mozzarella or sprinkle grated parmesan over the top right before serving.

- **Vegetable swap:**

Try this recipe with broccoli, zucchini, or even Brussels sprouts instead of green beans – they all cook beautifully in the same skillet.

- **You May Also Like** ☐☐

If you loved this **Italian Sausage, Potatoes, and Green Beans** skillet dinner, try a few more of my hearty Italian favorites:

- **☐ Italian Roasted Sausage, Potatoes, and Peppers** – another rustic one-pan meal bursting with flavor.
- **☐ Creamy Italian Sausage and mushroom Risotto** – a cozy, creamy dinner ready in under 30 minutes.
- **☐ Italian Escarole and Beans with Sausage** – a comforting bowl of classic Italian goodness.





# Italian Sausage, Potatoes, and Green Beans

**Servings:** 4

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

## Ingredients

- 1 lb. Italian sausage (mild or hot, sliced into rounds)
- 1  $\frac{1}{2}$  lbs. yellow potatoes, cut into bite-sized pieces
- $\frac{1}{2}$  lb. fresh green beans, trimmed
- 2 tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/2 cup dry white wine (for deglazing)
- 2 cups chicken stock
- 1 tsp crushed red pepper flakes (optional)
- 1 tsp dried oregano
- Salt and black pepper, to taste
- Fresh parsley, chopped (for garnish)

## Instructions

### 1. Sauté the aromatics:

Heat olive oil in a large pan or Dutch oven over medium heat. Add the chopped onion and sauté for 2–3 minutes until it begins to soften. Stir in the garlic and cook

for another minute or two until fragrant.

**2. Add the potatoes:**

Stir in the diced potatoes and cook for about 8–10 minutes, letting them get golden on the edges while stirring occasionally.

**3. Add the sausage:**

Add the sliced Italian sausage directly into the skillet with the potatoes. Continue cooking for 8–10 minutes, allowing the sausage to brown and release its flavor into the potatoes.

**4. Deglaze the pan:**

Pour in a splash of white wine, scraping up any browned bits from the bottom of the pan. Let it simmer for a minute or two until slightly reduced.

**5. Simmer with stock and green beans:**

Add the chicken stock, green beans, oregano, crushed red pepper flakes, salt, and black pepper. Cover and cook for 6–8 minutes, or until the green beans are tender and the potatoes are fully cooked.

**6. Finish and serve:**

Uncover, toss everything together, and cook for another minute or two to let the flavors blend. Garnish with fresh parsley and a sprinkle of grated parmesan if desired. Serve warm and enjoy!

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# Italian Sausage and Potatoes

# (Stovetop Pan Recipe)

## Italian Sausage and Potatoes (Stovetop Pan Recipe)

This Italian Sausage and Potatoes stovetop recipe is the kind of hearty, rustic meal that never goes out of style. Juicy sausage links, tender golden potatoes, sweet peppers, and onions all cook together in one pan, creating incredible flavor with minimal effort. It's perfect for busy weeknights when you crave something comforting, homey, and truly satisfying.

### Things to know about this Italian Sausage and Potatoes (Stovetop Pan Recipe)

- **Quality matters:** Use good-quality Italian sausage – sweet, mild, or hot. The sausage you choose sets the tone for the whole dish. If you can find butcher-fresh or locally made sausage, even better.
- **Don't rush the browning:** Let the sausage get a deep golden crust before removing it from the pan. Those browned bits (fond) are what give the peppers and potatoes their rich, savory flavor once deglazed.
- **Deglaze smart:** A splash of **white wine** adds a subtle acidity that brightens everything up, while **chicken broth** keeps it mild and comforting. Either works beautifully.
- **Make it spicy:** Add more crushed red pepper flakes or use

**hot Italian sausage** for an extra kick.

- **Add a tomato twist:** Stir in a few spoonful's of **crushed tomatoes or tomato paste** when you deglaze for a more saucy, southern Italian-style version.
- **Try different potatoes:** Yukon golds stay creamy inside and crisp outside, while red potatoes hold their shape nicely. Even small baby potatoes (halved) work great.
- **Vegetable boost:** Toss in zucchini slices, cherry tomatoes, or baby spinach at the end for a colorful, veggie-packed twist.
- **Meal prep tip:** This dish reheats beautifully – store leftovers in an airtight container and rewarm them in a skillet for that freshly cooked flavor.

## ▪ **Craving More Rustic Italian Comfort?**

If you loved this **Italian Sausage and Potatoes (Stovetop Pan Recipe)**, try a few more of my classic Italian comfort dishes:

- Italian Sausage and Mushroom Risotto – creamy, cozy, and full of flavor.
- Roasted butternut squash soup – a seasonal one-pot favorite.
- creamy Italian pan chicken and potatoes – Easy, quick and delicious
- Creamy Sausage Tortellini Soup – rich, comforting, and perfect for colder days.

Don't forget to **leave a comment** below if you make this recipe – I'd love to hear how it turned out in your kitchen!





## **Italian Sausage and Potatoes (Stovetop Pan Recipe)**

**Serves:** 4

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

# Ingredients

- 4 Italian sausage links (sweet, mild, or hot)
- 4-5 potatoes (Yukon gold or russet), cut into circles
- 2 bell peppers (red, yellow, or green), cut into dice
- 1 large onion, sliced
- 2 cloves garlic, minced
- 4 tablespoons olive oil, divided
- 1 teaspoon dried oregano
- 1 teaspoon crushed red pepper flakes (optional)
- Salt and black pepper, to taste
- Fresh chopped Italian parsley, (for garnish)

# Instructions

## 1. Brown the sausage:

Heat 2 tablespoons of olive oil in a large deep skillet over medium heat. Add the sausage links and cook until browned on all sides and mostly cooked through, about 8–10 minutes. Remove from the pan and set aside to cool slightly.

## 2. Slice the sausage:

Once cool enough to handle, slice the sausage into 1-inch pieces and set aside.

## 3. Cook the vegetables:

In the same pan (don't wipe it out – those brown bits add flavor!), add the remaining 2 tablespoons of olive oil. Add the onions, bell peppers, and potatoes. Season with salt and pepper, and cook over medium heat until

the potatoes start to soften and everything begins to caramelize, about 10–12 minutes. Add the garlic and cook for another 30 seconds.

**4. Deglaze the pan:**

Pour in the chicken broth or white wine, scraping up any browned bits from the bottom. Let it simmer for 1–2 minutes.

**5. Combine everything:**

Return the sliced sausage to the skillet. Sprinkle in the oregano, basil, and crushed red pepper flakes. Stir well to combine, cover partially, and cook for another 5-5 minutes, until the potatoes are tender, the sausage is fully cooked and everything is infused with flavor.

**6. Finish and serve:**

Taste and adjust seasoning with more salt and pepper if needed. Garnish with fresh Italian chopped parsley and serve hot. ENJOY!!!