

Italian Style cabbage rolls

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Sometimes the most meaningful recipes come from unexpected places. This Italian style cabbage rolls recipe, inspired by my ex-mother-in-law's traditional Polish cabbage rolls, holds a special place in my heart. While life may have taken us in different paths, her recipe remains – one that I've recreated with a little Italian flair. I added classic Italian ingredients, like parmesan cheese, fresh herbs and my easy marinara sauce. As someone who likes to experiment in the kitchen, I couldn't resist blending her recipe with Italian flavors that remind me of my roots. The result is a dish that pays homage to her heritage while incorporating a taste of mine.

Tender cabbage leaves are stuffed with a beef, cheese and rice filling. The rolls are then laid on a bed of my marinara sauce topped with more marinara before being baked to a delicious perfection. The result is a hearty, satisfying dish perfect for family dinners or special gatherings.

How to make Italian style cabbage rolls easy

At first glance, Italian -style cabbage rolls might seem like a daunting recipe, but with a good prep plan and a step by step approach, this dish becomes easy to make.

PREP PLAN FOR SUCCESS

1. Softening the cabbage is one of the most important steps, and it's also something you can do in advance. Boil the cabbage , separate the leaves and store in an

airtight container for up to two days. This way, when it's time to assemble the rolls your cabbage is ready to go.

2. Make the marinara the day before: The tomato sauce can be made a day ahead or do like I do and always have it on hand. Marinara sauce is one of the easiest sauces to prepare in advance and keep frozen in different size containers for easy recipe building.
3. You can also prepare the meat and rice filling ahead of time. Combine the ingredients, cover and refrigerate.
4. Once the cabbage, sauce and filling are ready you can assemble the cabbage rolls. At this point bake the rolls for immediate use or they can be frozen either already baked or frozen unbaked, thawed out and baked when you are ready to serve,

Ingredients

- 1 medium head of cabbage
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 lb. ground beef
- 2 cups cooked rice
- 1 cup grated parmesan
- 1 egg
- 1/2 cup chopped Italian parsley
- salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Prepare the cabbage by removing as much of the core as possible. Then place the cabbage in a large pot of salted water. Bring to a boil and cook for 5 minutes or until you can easily separate the leaves with thongs.

You may need to help the leaves off using a knife. Set aside to cool. The smaller leaves can be frozen for soup.

2. Make the filling in a saute pan in 2 tbsp. of olive oil cook the onion and garlic until soft and translucent. Then add the ground beef and cook until brown.
3. Using the same water from the cabbage cook the rice for 5-7 minutes or until the rice is cooked al dente. Drain the rice
4. Mix the cooked ground beef mixture with rice. Add the egg , parmesan, Italian parsley and 1 cup of the marinara sauce, salt and pepper to taste mix until well combined
5. Assemble the cabbage rolls: Place a cabbage leaf on a flat surface place 2 tbsp. of the filling in the center . Fold the flaps over the filling then roll up jelly roll style.
6. Line an oven proof casserole dish with 1 cup of my easy marinara sauce. place the filled cabbage rolls on top. Top with the remaining 2 cups of marinara.
7. Bake in a preheated 375-degree oven for 35- 45 minutes. Top with additional Italian parsley . ENJOY!!!

**Potato leek soup with
pancetta**

Potato leek soup with

pancetta

Potato leek soup with pancetta was one of the staples in our restaurants and for good reason- everyone loved it. The balance of creamy potatoes, the delicate sweetness of the leeks and the salty bite of pancetta made it unforgettable. It wasn't just another soup on the menu: It was one on those soups that brought people back again and again.

What set this soup apart was the addition of the pancetta. Sauteing the pancetta first gave the soup this incredible smoky depth, as well the fat melted down to create the perfect base for the leeks and potatoes. It was always finish off with the crispy pancetta and fresh chopped Italian parsley. Even on the busiest nights, when the kitchen was humming , this soup brought a little pause and warmth to the table.

For me , it isn't just about the soup it's a memory of those bustling restaurant days , where simple , soulful dish could leave such an impression.

variations for this potato leek soup with pancetta

1. Vegetarian potato leek soup: Swap the pancetta for a drizzle of olive oil or a dollop of sour cream. Add smoked paprika for a subtle, savory taste without the meat.
2. Potato leek soup with bacon: If pancetta isn't available , bacon is an excellent substitute.
3. Potato leek soup with cheesy croutons: Elevate the soup with homemade croutons topped with melted Swiss or gruyere cheese for a rich nutty flavor. Potato leek soup with pancetta is a true testament to the use of simple ingredients to create a delicious unforgettable soup. Whether you're recreating the restaurant favorite or

adding your own personal twist, this soup is sure to become one of your favorites too. ENJOY!!!

Ingredients

- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 leeks washed and cut into small dice
- 2 Tbsp. minced garlic
- 6 medium potatoes peeled and cut into medium size dice
- 4 cups chicken or vegetable stock
- 1 cup water
- 2 Tbsp. butter
- a few thyme sprigs

Instructions

1. Start by cleaning and trimming the leeks
 2. Peel and cut the potatoes into medium dice
 3. In a stock pot or Dutch oven over medium high heat in the olive oil cook the pancetta until crisp remove and set aside
 4. In the same pot add the cleaned leeks cook until soft and translucent. Then add the potatoes and stir to well combined. Salt and pepper to taste
 5. Add the rest of the ingredients. Cover and simmer for 15-20 minutes, or until the potatoes are fork tender.
 6. For a smooth consistency use an emersion blender or food processor . Top with chopped Italian parsley. ENJOY!!!
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Tomato piccata Alaskan cod

Tomato piccata Alaskan cod

Bright, zesty, and full of Italian – inspired flavors, this tomato piccata Alaskan cod recipe is a showstopper that transforms weeknight meals into something special. The tender , flaky Alaskan cod is simmered in a luscious tomato and caper sauce, elevated with white wine and fresh lemon for the signature piccata tang. Whether you're a seafood lover or just looking to switch up your dinner routine, this dish brings a restaurant- quality experience to your table.

What makes this recipe really special is its versatility and simplicity. With just a handful of ingredients and minimal prep, you can create a meal that feels both healthy and indulgent. Serve it over angle hair pasta or alongside roasted vegetables for a complete meal that's as delicious as it is beautiful. This tomato piccata Alaskan cod is perfect for everything from casual family meals to Saturday night dinner with friends.

Why you will love this tomato piccata Alaskan cod

1. Easy to prepare: This tomato piccata Alaskan cod is easy to make, requiring just one pan and minimal prep. With just a handful of simple, fresh ingredients, you can create a restaurant quality dish. Perfect for busy nights or when you want an impressive meal with minimal effort.
2. Full of flavor: The combination of sweet tomatoes, tangy capers, fresh lemon juice and white wine creates a vibrant sauce that perfectly complements the mild ,

flaky Alaskan cod.

3. Nutritious and healthy: Made with heart – healthy Alaskan cod, this dish is high in lean protein and omega-3 fatty acids. The fresh wholesome ingredients make it a guilt-free option that taste delicious . This tomato piccata Alaskan cod is simple and delicious, It's the perfect recipe if you want to incorporate more fish into your diet.

Ingredients

- 2 Lbs. Alaskan cod
- 1/2 cup flour
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1/2 cup finely chopped onion
- 1 Tbsp. minced garlic
- 2 cups chopped tomatoes
- 1 cup my easy marinara sauce
- The juice from 1 lemon
- 1 cup white wine
- 1 cup chicken stock
- 1/2 cup capers
- 2 Tbsp. chopped Italian parsley for garnish.

Instructions

1. Start by salt and peppering the fish then coat with the flour shaking off excess.
2. In a saute pan over medium high heat in the olive oil cook brown the cod on both sides. Remove and set aside while making the sauce.
3. In the same pan add the butter then add in the onion and garlic and cook until soft and translucent.
4. Add the tomatoes and cook until they burst. Add in the marinara sauce, white wine, lemon juice, chicken stock

and capers . Simmer for 15 minutes or until sauce thickens.

5. Add the cod back to the pan and simmer just about 3-5 minutes until the fish is heated. Plate the fish pour the tomato picante sauce over it ,sprinkle with chopped Italian parsley. ENJOY!!!

Creamy vegetarian tomato soup

Creamy vegetarian tomato soup

Rich and comforting creamy vegetarian tomato soup is the ultimate comfort food with the perfect blend of bold tomato flavors and velvety smoothness. Made with ripe tomatoes, and aromatic vegetables and herbs. this soup captures the essence of simple, wholesome and deliciousness. The addition of cream elevates the dish to a luscious, satisfying texture that warms the soul with every spoonful. It's a timeless recipe that feels like a warm hug, whether you're enjoying it as a light lunch or pairing it with a hearty sandwich for dinner.

What makes this tomato soup truly special is it's simplicity and versatility . Freshly roasted tomatoes and vegetables lend a rich depth of flavor. while the garlic and fresh basil add an earthy freshness. Roasting the tomatoes and vegetables is a delicious way to highlight the natural sweetness of the tomatoes.

Serving suggestions for this creamy

vegetarian tomato soup

This creamy vegetarian tomato soup is as versatile in presentation as it is in preparations. Garnish each bowl with a swirl of sour cream, a sprinkle of freshly cracked black pepper, or even a handful of crunchy croutons for added texture. Pair it with a slice of buttery garlic bread or a classic grilled cheese sandwich for an unbeatable combination. If you are entertaining, serve it in small cups as an elegant appetizer. This soup is more than just a meal it is a celebration of simplicity and deliciousness, perfect for chilly evenings , or a quick, satisfying meal any time of the day.

As you make this creamy vegetarian tomato soup your own feel free to experiment and add your own personal touch. Whether you prefer it spicy, herby, or extra creamy, it's a versatile recipe that invites creativity. So, grab a pot , gather your ingredients, and treat yourself to a dish that's as comforting as it is delicious. Happy cooking everyone!!!!

Ingredients

- 2 Lbs. ripe tomatoes (Roma or vine ripened)
- 1 red bell pepper
- 2 peeled carrots
- 2 celery stalks
- 1 large onion quartered
- 4 gloves peeled garlic
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 3 cups vegetable or chicken stock
- 1 cup heavy cream
- fresh basil leaves for garnish

Instructions

1. Preheat your oven to 400-degrees
 2. prepare the vegetables by cleaning them and cutting into large dice.
 3. place the tomatoes, celery, onion, garlic, red bell pepper and carrots in an oven proof dish. drizzle with the olive oil , salt and pepper to taste, and roast for 25-35 minutes until caramelized.
 4. Then add the roasted vegetables to a a stock pot or Dutch oven add the stock and cream and simmer over low heat for 10 minutes.
 5. use an emersion blender or food processer and blend until smooth.
 6. Adjust your seasonings, ladle into soup bowls top with fresh basil leaves. ENJOY!!!!
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Vegetarian stuffed eggplant rollatini

Vegetarian stuffed eggplant rollatini

Vegetarian stuffed eggplant rollatini is a delicious dish that marries tender slices of roasted eggplant with a creamy ricotta filling, then baked to perfection in my marinara tomato sauce.

This Italian -inspired recipe is as satisfying as it is

beautiful, with its rolled presentation and layers of flavor. It's a great option for vegetarians or anyone looking for a lighter twist .

The filling is typically made with a rich blend of ricotta, spinach, egg and parmesan and seasoned with simple Italian herbs. Once stuffed and rolled, the eggplant rollatini are nestled into a marinara sauce lined casserole baking dish topped with more sauce and parmesan and baked. This dish is perfect for dinner parties, family meals or part of an Italian-inspired spread.

Why you will love this vegetarian stuffed eggplant rollatini

It's a lighter comfort food:. This vegetarian stuffed eggplant rollatini recipe has all the flavors of classic Italian comfort dishes, but with a lighter twist. By using eggplant instead of pasta , you get a meal that's satisfying without being heavy. It's the perfect way to enjoy rich flavors while keeping it vegetarian.

Versatile: Whether you're serving vegetarians or experimenting with meatless Mondays, or simply looking to change up your dinner routine this dish is a surefire hit. The customizable filling options means you can make this recipe to fit your lifestyle and taste.

Packed with Italian flavors: Every bite bursts with the best of Italian food- creamy ricotta, fragrant herbs, tangy marinara, and just the right amount of cheese. It's a dish that brings the comfort of a classic Italian kitchen straight to your table.

It can be made ahead of time: Vegetarian stuffed eggplant rollatini is an excellent make-ahead dish, perfect for busy

weeknights, or feeding a crowd. You can prepare the entire recipe in advance by assembling the rolls, layering them in the sauce, and covering the dish with foil before storing in the refrigerator for up to two days, then baking when you are ready to serve. It's also freezer friendly!!!!

Ingredients

- 2 medium size eggplant
- 4 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups finely chopped spinach
- 2 Tbsp. chopped Italian parsley
- 1 egg
- salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Start by cleaning the eggplant then cut on the long side into thin slices
2. Salt and pepper the eggplant drizzle with olive oil and bake in a 375- degree preheated oven for 10- 15 minutes to soften .
3. In the meantime make the filling in a bowl add the ricotta, parmesan, spinach, parsley, egg, salt and pepper and mix until well combined.
4. Then place 2 tbsp. of the filling in the center of each eggplant slice and roll jelly roll style.
5. In an oven proof casserole dish spread half of the marinara sauce place the eggplant rollatini in the casserole dish seam side down. Top with the remaining marinara, additional parmesan and bake in a 375-degree preheated oven for 45 minutes. Top with fresh basil, ENJOY!!!!!!

Creamy vegetarian mushroom soup

Creamy vegetarian mushroom soup

When it comes to soul -warming comfort food, nothing beats a hearty bowl of creamy vegetarian mushroom soup. But this isn't your average mushroom -soup It's infused with Italian flavors, making it both rustic and delicious. With earthy mushrooms, a touch of garlic, fragrant herbs and cream, this soup is a vegetarian delight that feels indulgent .

This creamy soup is perfect for chilly nights or as a starter for an Italian – inspired dinner. It's rich earthy flavors and creamy texture are elevated by the herbs, sherry wine and cream, creating a delicious dish .

Best mushroom for this creamy vegetarian mushroom soup

Mushrooms are the star of this recipe, and the variety you choose will define it's taste. Here are some excellent options.

Cremini (baby portabella) : These are slightly more flavorful than white button mushrooms and add a rich , nutty base. This is the mushroom I used in this recipe.

Shitake their smoky and earthy taste adds a gourmet taste.

Make sure to remove the woody stems before cooking.

Porcini these dried Italian favorites pack an intense woody flavor. Rehydrate them before using.

Button mushrooms are a classic choice, these mild mushrooms are widely available and perfect for adding along with more robust flavored mushrooms.

Portabella their meaty texture and flavor are ideal for a heartier soup. In this recipe I used just cremini mushrooms. You can use a variety of your favorite mushrooms or stick to the one you like the most.

Whether you stick to one variety or experiment with a mix of mushrooms, this creamy vegetarian mushroom soup will warm your soul!!!

Ingredients

- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 1 lb. sliced cremini mushrooms
- 1/2 cup minced shallots
- 1 Tbsp. minced garlic
- 3 Tbsp. cornstarch
- 2 teaspoons dried thyme
- 1/2 cup dry sherry
- 4 cups vegetable broth
- 1 cup heavy cream
- salt and pepper to taste
- 1 Tbsp. chopped Italian parsley for garnish

Instructions

1. Heat the oil and butter in a Dutch oven over medium high

heat. Add the mushrooms. cook , stirring occasionally . until lightly brown, about 6 minutes.

2. Stir in the shallots, garlic and thyme: cook until the shallots are soft and translucent , about 5 minutes. Add the wine cook scraping up any browned bits until absorbed. Salt and pepper to taste
 3. Sprinkle the cornstarch over the mushrooms cook stirring constantly for 2 minutes.
 4. Add the broth, cream bring to a boil, then lower the heat to a simmer , cover and cook for 20 minutes.
 5. Ladle into soup bowls , garnish with the Italian parsley. ENJOY!!!!!!
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Tortellini al chicken brodo

Tortellini al chicken brodo

Few dishes embody the warmth and tradition of Italian food like tortellini al chicken brodo, a classic chicken soup that's both comforting and elegant. This timeless recipe is perfect for chilly days, family gatherings or when you need a taste of home.

Hailing from Emilia – Romagna tortellini are delicate pasta filled with savory ingredients like meat , cheese or a combination of both. When paired with a rich, golden chicken broth (brodo) , this dish becomes a delicious show stopper. Whether served as a starter for a festive meal or as the star of a cozy dinner, tortellini al brodo is a testament to the heartwarming simplicity of Italian cooking. Each bite is a reminder that the best meals are those made with love and

shared with those we hold dear.

Why you'll love Tortellini al chicken brodo

Tortellini al chicken brodo is the ultimate comfort food with a touch of elegance. The combination of tender , flavorful cheese tortellini in a rich , homemade chicken broth creates a dish that feels both indulgent and nourishing. It's a meal that warms you from the inside out, making it perfect for cozy nights, festive gatherings or when you simply need a bowl of something heartwarming.

What makes this dish truly special is it's versatility and timeless appeal. Whether you use store-bought tortellini (like I did) for convenience or make them by hand to honor tradition, the result is always delicious. . Topped with freshly grated parmesan cheese each bite feels like a celebration of Italian heritage. It's a recipe you'll want to return to again and again. ENJOY!!!!

Ingredients

- 1 whole chicken cleaned and cut
- 2 large carrots peeled and cut into chunks
- 2 celery stalks cut
- 1 large onion peeled and halved
- A few garlic cloves
- 1 handful of uncut Italian parsley
- a few bay leaves
- 10 -12 cups of water
- 1 Tbsp. whole peppercorns
- Salt to taste
- 1/2 lb. cheese and spinach tortellini
- grated parmesan cheese for serving

Instructions

1. Cut and wash the chicken. Then Salt and pepper it. Place the chicken in a large stock pot or Dutch oven. Add the carrots, celery, onion, garlic, parsley, bay leaves and peppercorns. Salt to taste
2. Pour in enough water to completely cover the chicken and vegetables (about 10 -12 cups)
3. Bring the pot to a boil over medium high heat. Once boiling reduce the heat to low and let it simmer slowly. Skim off any foam or impurities that rise to the surface during the first 20 minutes of cooking. Cook low and slow. Cover and simmer for 1 -1 1/2 hours.
4. Carefully remove the chicken and vegetables from the pot. Let cool slightly before Shredding the breast of the chicken. Strain the broth through a fine- mesh sieve back into the cleaned pot, bring to a boil and add the tortellini and the shredded chicken simmer for 10 minutes or until the tortellini are tender. Ladle into soup bowls top with grated parmesan cheese. ENJOY!!!!

Creamy Sausage tortellini soup

Creamy sausage tortellini soup

Happy New Year!!! As we welcome a fresh start and set our intentions for the coming year ahead, there's something

comforting about kicking off the day with a hearty, soul-warming meal. After all the holiday feasts and celebrations, today calls for something warm and simple: Creamy sausage tortellini soup.

This soup is the perfect way to ease into the new year. It's a one-pot wonder that combines spicy Italian sausage, tender spinach and cheese tortellini, and a rich, creamy broth that feels indulgent without being over the top. Whether you're recovering from late night festivities or spending the day with loved ones, this dish brings comfort and joy to the table.

The best part? It's incredibly easy to make, so you can spend less time in the kitchen and more time enjoying the day. Pair it with some crusty bread or a side salad, and you have a complete meal.

Variations for this creamy sausage tortellini soup

1. If you like extra spicy add 1 Tablespoon of hot pepper flakes for extra heat. Or if you don't like spicy use mild Italian sausage.
2. If you want to go the vegetarian route leave out the sausage altogether and use vegetable broth instead of chicken stock.
3. Add more vegetables like diced zucchini for extra nutrition. Swap spinach for Swiss chard or arugula or add a little of all of them.
4. Replace the tortellini with gnocchi or small shaped pasta like orecchiette. These variations ensure your creamy sausage tortellini soup stays exciting and versatile, perfect for any occasion. ENJOY!!!

Ingredients

- 1/2 lb. cheese and spinach tortellini
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery+ carrots
- 1/2 lb. spicy Italian sausage
- 2 cups tomato sauce
- 4 cups chicken stock
- 1 cup water
- 1 cup heavy cream
- 1 cup grated parmesan
- 3 cups chopped spinach

Instructions

1. Start by cooking the celery, onion and carrots in the two tablespoons of olive oil over medium high heat in a stock pot or Dutch oven until soft and translucent.
2. Add the sausage and cook until brown breaking it up as you go.
3. Then add in the tomato sauce ,chicken stock, water and heavy cream cover and simmer for 20 minutes. Then add the tortellini and simmer 10 minutes longer. Add the spinach and parmesan cheese the last 5 minutes
4. Salt and pepper to taste. ENJOY!!!

**Easy savory puff pastry
twists**

Easy savory puff pastry twists

If there's one thing I can guarantee about these Easy savory puff pastry twists, It's that they are going to disappear fast, so be sure to put some aside for yourself first. layers of puff pastry , cheese , pesto and marinara all twisted into golden deliciousness. Forget about store-bought snacks: you have everything you need for a crowd – pleasing appetizer right here. Plus, it's so easy to make!!!.Whether you 're hosting a party or need a quick finger food for game day, these golden, flaky twists are guaranteed to be a hit.

Why you will love these Easy savory puff pastry twists

Savory puff pastry twists are the ultimate crowd- pleasing appetizer because they combine bold flavors with a visually appealing presentation. The golden flaky layers of puff pastry offer a crunch that perfectly complements the rich pesto, tangy marinara and cheese. Their twist shape makes them look sophisticated while remaining so easy to make, making them a go-to choice for any host.

What makes these appetizers even more ideal is their versatility. They can be make ahead of time, allowing you to focus on enjoying your guests instead of being stuck in the kitchen. served warm or at room temperature, they hold their flavor and texture beautifully. Plus, their easy -to-hold, mess-free design makes them perfect for mingling and grazing.

These easy savory puff pastry twists with pesto, marinara and parmesan are the perfect combination of flavor, simplicity, and style. Whether your hosting a party, contributing to a potluck, or looking for a quick snack these twists will be a

hit. Give them a try, and watch your family and friends come back for seconds (and thirds). ENJOY!!!!

Ingredients

- 2 puff pastry sheets
- 1/2 cup marinara sauce
- 1/2 cup pesto
- 1 cup grated parmesan
- 1 Tbsp. melted butter
- 1 Tbsp. chopped Italian parsley

Instructions

1. Preheat your oven to 375-degees. Line a baking sheet with parchment paper.
2. Bring the puff pastry to room temperature. Then on a lightly floured surface slightly roll out the dough.
3. Spread one sheet with first the pesto and then the marinara a sauce. Sprinkle with the grated parmesan. Top with the remaining sheet of puff pastry. Press the edges to seal.
4. Cut the puff pastry dough into 1 inch wide strips on the shorter side . You should have 16 strips. Then twist them. Brush with the the melted butter. Top with additional grated parmesan.
5. Bake for 15 -20 minutes or until golden brown. Sprinkle with the chopped Italian parsley. ENJOY!!!!

Italian sausage and lentil

pasta

Italian Sausage and lentil pasta

As the clock ticks down to midnight on New Year's Eve, Italians across the country prepare for a meal steeped in tradition and symbolism: Italian sausage and lentil pasta. This hearty and flavorful dish combines savory sausage with tender lentils, ingredients chosen for more than just their taste. Lentils, with their small, coin-like shape are believed to bring prosperity and good fortune in the coming year. The sausage, rich and satisfying, symbolizes abundance, a wish for a year filled with plenty.

This beloved meal is often enjoyed as part of a festive New Year's feast, paired with sparkling wine and the warmth of holiday gatherings. The lentils, typically cooked with aromatic herbs and a touch of tomato, melts deliciously with the pasta and the flavorful juices of the Italian sausage. It's not just a dish, it's a hopeful gesture, a culinary tradition meant to set the tone for a prosperous and joyous year ahead. Whether you're Italian or simply inspired by this custom, making Italian sausage and lentil pasta is a delicious way to ring in the new year with a little bit of tradition and a whole lot of flavor.

Variations for this Italian sausage lentil pasta

1. I am using spicy Italian sausage in this recipe. If you don't like spicy you can use mild sausage. But if you want extra spice add a tablespoon of hot chili flakes

- along with the spicy Italian sausage, for an extra kick.
2. Add extra nutritional value by adding extra vegetables. Like zucchini and spinach. You can also up the measurements of the onions, carrots and celery.
 3. If you want to go the vegetarian route with this recipe you can leave out the sausage and use vegetable stock . This Italian sausage lentil pasta is the perfect dish to ring in the New Year with tradition and flavor. The hearty combination of tender lentils, savory sausage, and perfectly cooked pasta creates a comforting meal steeped in Italian heritage. Whether you're celebrating with loved ones or enjoying a night in, this dish brings good fortune, deliciousness, and warmth to the table. Here's to a prosperous and flavorful New Year!!!!

Ingredients

- 1/2 lb. spicy Italian sausage crumbles
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery +carrots
- 1 Tbsp. minced garlic
- 3 cups rinsed lentils
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 2 cups water
- 1 cup small shaped pasta
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

Instructions

1. Start by adding the olive oil to a stock pot or dutch oven over medium high heat. Then add the Italian sausage and cook until brown, breaking it up as you go.
2. Once the sausage is browned add the onions, celery, and

carrots. Cook until the vegetables are soft and translucent.

3. Then add in the tomato paste, chicken stock, and water bring to a boil. Lower the heat add the lentils and simmer covered for 30 minutes or until the lentils are tender. Then add in the the pasta and simmer 7-10 minutes longer.
4. Add the Italian parsley. Ladle into pasta bowls . Top with additional freshly grated parmesan and Italian parsley. ENJOY!!!!