

Italian roasted sausage, peppers and potatoes

Italian roasted sausage, peppers and potatoes

There is something comforting about the hearty flavors of Italian roasted sausage, peppers and potatoes. This classic dish, rooted in simple ingredients, delivers a perfect balance of savory and sweet, with smokey sausage, tender potatoes and vibrant bell peppers roasted to a golden deliciousness.

Whether you are looking for an easy, quick one pan weeknight family meal or a crowd pleasing dish for gatherings, this sausage bake recipe captures the essence of rustic Italian cooking.

Why I love this Italian Sausage, peppers and potato recipe

First this recipe is easy to make. It's one pan meal. Those are always the best recipes if you ask me. Italian Sausage peppers and potatoes is a versatile recipe . It can be customized to fit different taste and occasions.

- You can use sweet, mild or spicy Italian sausage. Or if you want a healthier version try Italian chicken sausage or even plant based sausage if you want a vegetarian option. While bell peppers and potatoes are traditional, you can substitute or add vegetables like zucchini, eggplant or even sweet This roasted potatoes and sausage bake can be served as a stand alone meal, or you can serve it it along side, pasta, rice ,over mashed

potatoes or in a hoagie roll for a hearty sandwich.

Because of this variations Italian sausage, peppers and potatoes can be served at casual family dinners or special gatherings. It's the perfect meal prep recipe, as you can assemble it ahead of time and roast when you are ready to serve. Enjoy this recipe and please leave me a comment on your experience with the recipe. I love hearing from you. It's my favorite part!!! THANKS!!! If you like one pan meals try this stove top sausage and peppers recipe.

Ingredients

- 4 Italian sausage links
- 4 medium potatoes peeled and sliced into wedges
- 1 red and 1 green sliced and seeds removed
- 1 sliced onion
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flake
- 1 Tbsp. Italian seasoning

Instructions

1. start by preheating your oven to 400-degrees
 2. In a bowl add the sausage, potatoes, peppers, garlic and onion. Add the olive oil, Italian herbs, red pepper flakes and salt and pepper to taste. Mix with your hands until well combined. Transfer to a cookie sheet or oven proof casserole dish and bake.
 3. Bake 30 minutes or until the vegetables and potatoes are tender and the sausage golden brown. Serve with crusty Italian bread. ENJOY!!!!
-

Italian Spezzatino beef stew

Italian spezzatino beef stew

Italian spezzatino beef stew is a delicious beef stew full of fork tender beef in a red wine tomato sauce. Yes, spezzatino is the Italian word for beef stew. It's a hearty, comforting dish made with chunks of meat simmered in a flavorful broth, often with tomatoes, onions and carrots. And sometimes peas and potatoes.

The stew is cooked slow allowing the meat to become melt -in - your-tender and the sauce a rich deep flavor.

Italian spezzatino beef stew has a more Italian wine-infused, and lighter flavor, while beef stew is thicker and heartier taste. Hearty, filling and comforting it is usually prepared for Italian family meals.

What I used to make this Italian spezzatino beef stew

Beef: I use a good quality beef chuck roast , but stewing beef works perfectly.

Mushrooms: I like to use brown mushrooms such as cremini or baby portabellas, but any mushroom works fine

Tomatoes : I used fresh tomatoes you can use a good quality canned tomato.

Stock: I use beef stock , but vegetable or chicken stocks are great alternatives.

Italian spezzatino beef stew gets even better the next day, so make a large pot. It's also freezer friendly.

As always if you make this recipe please leave a comment, with your experience. I love hearing from you it's my favorite part and it helps others. THANKS!!!

Ingredients

- 2 Lbs. beef chuck cut into large dice
- 1 cup diced pancetta
- 1/2 cup flour
- 1/3 cup olive oil
- 2 cups chopped tomatoes
- 2 cups sliced mushrooms
- 1 cup red wine
- 3 cups beef stock
- 1/2 cup Italian parsley
- 1 Tbsp. each thyme + oregano + rosemary

Instructions

1. Start by salt and peppering the meat then coat with flour. In a dutch oven in olive oil over medium high saute the meat with the pancetta until browned.
 2. Then add the onion, celery, carrots, and simmer until soft. Add the mushrooms and tomatoes and cook for a few minutes to combine the flavors and ingredients. Then deglaze the pan with the red wine waiting until it evaporates before adding the beef stock and herbs.
 3. Simmer covered for 2 to 2 1/2 hours or until the meat is fork tender. ENJOY!!!!
-

Pan seared salmon orzo

Pan seared salmon orzo

If your looking for a weeknight dinner that's both both easy for weeknight family meals and fancy enough Saturday night dinner with friends, my pan seared salmon with Tuscan orzo is the perfect meal choice. This dish combines crispy, flaky salmon with a creamy spinach and sundried tomatoes orzo inspired by the rustic flavors of Tuscany. Not only is it easy to make, but it's also a complete meal full of vibrant colors and good for you ingredients, that will impress family and friends.

Why you will love this pan-seared salmon orzo recipe

This recipe brings together two of the best ingredients a rich, comforting pasta dish and perfectly cooked salmon. The orzo , in a garlicky, creamy sauce gets extra flavor from the sundried tomatoes and spinach, and the salmon provides a delicious crispy contrast. It's the perfect balance of comfort food and the fresh ingredients makes it an ideal recipe for any time of the year.

Let me know how your pan-seared salmon with Tuscan orzo turns out! !!!

Ingredients

- 2 lb. cleaned skinless salmon
- 1 Tbsp. garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil

- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

Instructions

1. Start by cleaning the fish then pat dry cut into equal parts. salt and pepper to taste. Combine the garlic, onion and paprika massage the rub into the fish.
 2. In a 12 inch saute pan in the 2 Tbsp. of oil over medium high heat sear the fish on both sides until beginning to brown about 5 minutes per side. Remove cover with alumni foil set aside while making the orzo.
 3. In the same pan add the 2 Tbsp. of butter. Add the garlic and saute until soft and translucent. Then add the sundried tomatoes, cook until the tomatoes are soft and fragrant. Deglaze the pan with the wine , waiting until evaporated before adding the chicken stock, cream and water. Add in the orzo lower the heat to a simmer and cook until the orzo is fork tender but firm. About 7 minutes. Then add the grated parmesan and chopped spinach and cook 5 minutes longer. ENJOY!!!
-

oven fried lemon chicken cutlets

Oven fried lemon chicken cutlets

These Oven -fried lemon chicken cutlets are crispy, delicious and easy to make. There's something irresistible about a crispy chicken cutlet, golden on the outside , juicy on the inside and packed with flavor. What makes it even better? When it's oven-fried with a zesty lemon, wine sauce. Oven- fried lemon chicken cutlets give you the crunch of traditional frying , without the extra grease. They're a lighter, healthier alternative without sacrificing any of that delicious flavor and texture. Perfect for weeknight family meals or social gatherings.

Things to know about this oven fried lemon chicken cutlet recipe

Oven- frying allows you to achieve the crispy texture we love without deep-frying. By baking the cutlets at a high temperature, you get a crunchy coating that's healthier and less messy than pan- frying. Plus it's easier to cook a large batch of cutlets in the oven, making this the perfect method to feed a crowd or meal prep.

I always make more than I need for one meal these chicken cutlets can be kept in the fridge for 3 days after baking or make them up to frying point and refrigerate for one day. I recommend refrigerating the cutlets before frying this helps the breadcrumb coating adhere to the chicken. These cutlets

are freezer friendly, after breading and before frying or after frying. Spread the cutlets on a cookie sheet covered in the freezer. After frozen they can be stored in zip lock bags until ready to serve.

As always if you make these oven-fried lemon chicken cutlets please leave me a comment on your experience with this recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 3 skinless boneless chicken breast (2 lbs.)
- 2 eggs slightly beaten
- 2 cups breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. each onion, garlic and paprika powder
- 1/2 cup extra virgin olive oil
- 2 lemons sliced
- 1 cup white wine
- 1 cup chicken stock
- salt and pepper to taste

Instructions

1. Preheat your oven to 400-degrees
2. Start by slicing the chicken breast into as thin as possible slices. Then cover with plastic wrap and pound thin with a meat mallet, salt and pepper to taste.
3. Mix the breadcrumbs, parmesan, Italian parsley , onion, garlic, and paprika powder together until well combined. In a separate bowl beat the two eggs slightly.
4. Dip the chicken first in the egg then in the breadcrumb mixture. Use your hands to coat the chicken well.
5. Add the extra virgin olive oil to a 12 x 9 sheet pan place in the preheated oven until smoking hot. about 5 to 10 minutes . remove from the oven.

6. Place the chicken on the sheet pan return to the hot oven and bake until golden brown about 10 minutes. Turn over and cook the other side until golden.
 7. Remove the chicken from the pan tent with alumni foil set aside while making the sauce. Add one thinly sliced lemon the white wine and chicken broth, return to the hot oven and cook the sauce for 10 minutes, or until emulsified.
 8. Pour the sauce over the chicken serve with the remaining lemon slices. ENJOY!!!
-

Roasted parmesan broccoli side dish

Roasted parmesan broccoli side dish

If your looking for a simple yet flavorful side dish that complements almost any meal, look no further than this oven roasted parmesan broccoli side dish. Roasting broccoli brings out it's natural sweetness and adds a delicious crunch. The high heat caramelizes the edges, making it a far cry from the sometime soggy texture of steamed or boiled broccoli. Once you try roasting broccoli with good quality parmesan, breadcrumbs, and herbs, you'll wonder why you ever cooked it any other way. It's a game-changer in the world of side dish. Plus, it's so easy to make!!!

Why you will love this roasted parmesan broccoli side dish

Quick and easy: The prep time is minimal, the oven does the work . leaving you hands free to focus on other parts of the meal.

Healthy and delicious: Broccoli is packed with fiber, vitamins, and antioxidants, and roasting it with olive oil and parmesan keeps it both nutritious and delicious.

Kid friendly: Even picky eaters will like this crispy, cheesy take on broccoli.

Pairing ideas: Oven roasted parmesan broccoli works as a great side to many dishes. I served with crispy oven fried chicken cutlets. It's also delicious along side grilled chicken, steak or pasta dish.

If you make this super easy roasted parmesan broccoli side dish please leave me a comment on your experience with the recipe. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 Lbs. broccoli florets
- 2 Tbsp. extra virgin olive oil
- 1 cup breadcrumbs
- 1 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. finely minced garlic
- salt and pepper to taste

Instructions

1. Start by washing and broccoli pat dry with paper towels then cut into equal pieces

2. Place on a cookie sheet drizzle with the olive oil top the broccoli with the breadcrumbs, parmesan cheese, garlic and Italian parsley.
 3. Roast in a preheated 400 -degree oven for 20 to 30 minutes, or until beginning to brown with a crust form the breadcrumbs and cheese. ENJOY!!!
-

Classic Italian wedding soup

Classic Italian wedding soup

Classic Italian wedding soup is a comforting and flavorful dish that brings together tender little meatballs, fresh vegetables and pasta in a light, savory broth.

Despite it's name. this classic soup isn't served at Italian weddings, but rather gets it's name from the "marriage" of flavors from the ingredients. It's the perfect balance of flavors wholesome and satisfying, making it a family favorite for any occasion.

Prep ahead for classic Italian wedding soup recipe

Make the meatball mixture a day before. Or form the meatballs and place them on a baking sheet and bake, You can either refrigerate the meatballs if using soon. or freeze them up to three months, in a single layer and then transfer to a freezer friendly bag or container once solid.

If you want to use home made chicken stock prepare the stock

in advance and refrigerate for up to three days or freeze for up to three months. You can also skim off any fat once it's chilled.

Wash , chop and store the celery, onions and carrots and spinach in airtight containers in the fridge. These can be prepped 1-2 days before.

On the day you're serving simply cook the prepped onions, carrots and celery in the olive oil, add the prepared stock, pasta baked meatballs, and spinach.

These prep steps will allow you to quickly put together the soup with minimal effort when your ready to serve.

If you make this Italian soup recipe please leave me a comment on your experience with this classic wedding soup recipe. I love hearing from you it's my favorite part. THANKS!!

Ingredients

- FOR THE MEATBALLS
- 1/2 lb. lean ground beef
- 1/2 lb. ground pork
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 1/3 cup chopped Italian parsley
- 2 eggs slightly beaten
- salt and pepper to taste
- FOR THE SOUP
- 3 Tbsp. olive oil
- 1 cup each chopped onion+ celery + carrots
- 8 cups chicken stock
- 1 cup acini de pepe or orzo pasta
- 4 cups chopped spinach
- salt and pepper to taste
- grated parmesan cheese for serving

Instructions

1. Start by making the meatballs in a bowl combine all the ingredients for the meatballs except for the meat mix until well combined. Then add in the meat and mix just until well blended. Shape into small 1/2 inch meatballs. bake in a preheated 375- degree oven for 10 minutes.
 2. Meanwhile make the soup . start in a stock pot or dutch oven by sautéing the onion, celery and carrots in the three Tbsp. of olive oil until soft and translucent. Then add in the chicken stock, pasta, the prebaked meatballs and simmer for 10 minutes. Add in the chopped spinach and simmer 5 minutes longer.
 3. Ladle into soup bowls top with grated parmesan.
ENJOY!!!!
 4. And so on
-

Italian beef Bracirole recipe

Italian beef bracirole recipe

This Italian beef bracirole recipe is made with thinly sliced, tender strips of beef filled with cheese and breadcrumbs rolled up then fried and slow cooked in a rich marinara sauce. In Italy , people rarely had access to tender more expensive cuts of meat, so they either ground it for things like sausage or meatballs or they made things like bracirole, which is slow cooked to tenderize an otherwise tough piece of meat. It is a childhood favorite of mine. very easy to make too!!!

An overview of this Italian beef bracirole

recipe

Italian beef braciolo is typically made using thin slices of beef. Common cuts include top round ,flank steak or sometimes pork depending on the region. The meat is pounded thin, stuffed with a flavorful filling, then rolled , tied fried and simmered in a tomato sauce until tender. Beef is the traditional choice, but pork braciolo can also be found, offering a slightly different taste.

Because braciolo is cooked long and slow, you are able to turn a tough piece of meat into a tender delight. If you can't find pre-sliced meat, start by slicing your meat very thin 1/4 inch thick or less and slices should be 8 to 10 inches in length. Roll each piece tightly and secure so they do not open you can use toothpicks or kitchen twine to secure.

You have to try this recipe. Every family has their own variation on this Sunday Sauce, this is my. When you make these Italian beef braciolo please leave me a comment on your experience with this recipe. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 Lbs. about 8 thin top round steaks
- 2 Tbsp. finely minced garlic
- salt and pepper to taste
- 2 cups bread crumbs
- 1/2 cup grated parmesan
- 1/2 cup Italian parsley
- 1 egg
- 8 cups my each marinara sauce

Instructions

1. Start by covering the meat with plastic wrap and

pounding thin with a meat mallet. Divide the garlic among the meat rubbing it into the meat. Then salt and pepper to taste.

2. Make the filling by mixing the breadcrumbs, parmesan, , parsley and the egg. salt and pepper to taste
3. Place a generous tablespoon of the filling in the center of the beef steaks. Roll up the meat jellyroll style. Tucking in the sides. Secure with kitchen twinge or toothpicks.
4. In the sauce stock pot that you make the sauce fry the braciola in the olive oil until brown on all sides. Do this in batches so as not to crowd the pan. Remove and set aside. Then in the same pan make my easy marinara sauce.<https://lorianasheacooks.com/real-easy-marinara/>
5. Add the braciola's to the marinara sauce and simmer 1 hour longer. ENJOY!!!!

Oven baked Mediterranean cod dinner

oven baked Mediterranean cod dinner

This oven baked Mediterranean cod dinner is a flavorful and healthy option. It really is the best baked cod. The fish is cooked with potatoes and tomato in a rich wine sauce. This complete cod dinner is ready in less than thirty minutes, is made in one pan and the fish comes out perfectly tender with a golden flaky exterior while the inside remains moist and

flavorful. The seasonings enhances the natural taste, and the fish practically falls apart at the touch of a fork.

Tips for making this oven baked Mediterranean cod dinner

1. Season generously. Mediterranean flavors thrive on bold seasonings. Use plenty of a good quality olive oil, and a mixture of fresh and dry herbs. Be sure to season the fish generously fish can be bland and needs to be seasoned well.
2. Don't overcook the fish. Cod can dry out easily if overbaked. that's why we cook the potatoes and tomatoes first before adding the fish.
3. Add different vegetables. Mediterranean dishes often incorporate vegetables roasting them alongside the cod. I used potatoes and tomatoes. You can add zucchini or broccoli. Roasting them with the fish allows them to absorb the same flavors, creating a delicious and healthy well-flavored dish. If you make this oven-baked Mediterranean cod dinner please leave me a comment on your experience with this fish recipe. I love hearing from you. IT's my favorite part!!! And helps others. Thanks!!!

Ingredients

- 1 1/2 lb. Alaskan cod
- 2 tsp. each onion+ garlic + paprika powder
- 3 medium peeled and thinly sliced potatoes
- 1 Tbsp. thyme and 1 Tbsp. rosemary
- 2 Tbsp. minced garlic
- 1 cup white wine
- 2 cups cherry tomatoes
- 1 cup pitted kalamata olives
- 1/2 cup capers

- salt and pepper to taste

Instructions

1. Start by cutting the fish in equal parts salt and pepper to taste
 2. Peel the potatoes and slice lay on an oven poof pan add the tomatoes, olives, capers and white wine drizzle with the olive oil sprinkle with the thyme, garlic and rosemary. Salt and pepper to taste. bake in a preheated 375-degree oven for 15 minutes or until potatoes are tender and the tomatoes blistered
 3. salt and pepper the fish Combine the onion, garlic and paprika and rub on the fish fillets
 4. Place the fish on top of the potatoes and tomatoes and bake for 10 t0 15 minutes longer. ENJOY!!!
-

Tuscan ribollita bean and bread soup

Tuscan Ribollita bean and bread soup

Tuscan Ribollita soup which literally means reboiled in Italian is a hearty and comforting kale and bean Italian soup made with stale bread. The bread thickens the soup into a delicious stew like consistency. It's easy to make and can be changed up with many ingredients to fit your lifestyle and taste. Maybe you like more beans or less kale it's all good in

this recipe. The texture of ribollita will vary based on whether you have it the next day “reboiled” as the name implies. When it’s reboiled and cooked with a lot of bread the consistency will be dense almost like a stew.

Variations and tips for Tuscan ribollita bean and bread soup

The vegetables: kale is the base you can increase the amount in your soup. Spinach or swiss chard can be used in place of kale or add them all. If you want to add more vegetables you can also add in a diced zucchini.

The Beans: One of my favorite addition to this ribollita soup is cannellini beans. If you want to try different beans butter beans works in this recipe. They are basically a bigger cannellini bean and look so nice in the soup. Chickpeas are also very good in this soup.

The ribollita soup keeps well in the fridge for a few days and is great to freeze for a ready made meal. It tastes even better reheated and will have a more robust flavor and a thicker consistency. If too thick thin the soup out with some water or stock. If you want a more stew like consistency Ribollita soup can be day-old bread or any bread for that matter, but breadcrumbs are a great way too. Lightly toasting a cup or two of breadcrumbs and serving them on the table like grated cheese is a nice addition.

If you have enjoyed this ribollita bread and bean soup, or any recipes on this site, please let me know in the comments. I would love to hear how you did and it’s good to show others. THANKS!!!!

Ingredients

- 4Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flakes
- 1 cup each chopped onion + celery+ carrots
- 1 cup white wine
- 28 ounce can crushed tomatoes
- 8 cups vegetable or chicken stock
- 2 tsp. each dried thyme and oregano
- a few bay leaves
- parmesan rind
- 2 cups diced potatoes
- 2 15-ounce drained and rinsed cannellini beans
- 1 bunch of kale de-ribbed and roughly chopped
- 4 cups stale Italian bread
- Parmesan cheese for serving

Instructions

1. Start by sautéing the onion, garlic and red pepper flakes until soft and just beginning to brown. Then add the celery and carrots saute until soft.
2. Add the wine cook until absorbed
3. Add the crushed tomatoes, broth, thyme, oregano, bay leaves and parmesan rind. Bring the soup to a simmer add the potatoes, cover and cook until the potatoes are fork tender. Then remove the parmesan rind and bay leaves. Transfer 2 cups of the soup along with one cup of the beans to a blender. Blend until smooth. Then add the puree back to the soup along with the remaining cannellini beans and kale. cook until the kale is wilted and the beans are tender about 10 -15 minutes, taste the soup and adjust your salt and pepper seasonings.
4. To serve cut or tear the bread into bite size pieces add a handful of the bread to the bottoms of each bowl.

Ladle the soup over the bread top with a drizzle of extra virgin olive oil and freshly grated parmesan cheese. ENJOY!!!

Italian Pasta e ceci soup

Italian Pasta e ceci Soup

Pasta e ceci Italian chickpea soup is a classic Roman dish that is made in one pot. It is made with chickpeas and pasta in a rich tomato sauce. Pasta and chickpeas are both staples in Italian cooking, and depending on who you ask pasta e ceci can be referred to as a soup, a stew or a pasta dish. Some version are soupy while others resemble pasta in chickpea sauce.

Good to know when making Italian Pasta e ceci soup

I am using dry chickpeas and soaking them. This method takes a longer cooking time. Canned chickpeas work well in this recipe that will make this recipe ready in less than 30 minutes. Mashing some of cooked chickpeas before adding the pasta makes a perfectly thick stew -like base for the dish. It is important for the chickpea- broth be loose enough that the dried pasta can be cooked in the same pot, and not leave the dish looking dry.

Ingredients

- 3 cups dry chickpeas
- 4 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 3 cups chopped tomatoes
- 2 cups vegetable stock
- 2 cups small tubular pasta

Instructions

1. Start by rinsing and the soaking he chickpeas overnight
2. In a stock pot in the olive oil over medium high heat saute the onion and garlic until soft and fragrant then add the carrots and celery and saute until soft. Then add in the tomatoes and salt and pepper. Add in the vegetable stock and the drained soaked chickpeas. Cover and simmer for 45 minutes or until the chickpeas are fork tender. Add the pasta and simmer for 10 minutes longer. Top with freshly grated parmesan cheese. ENJOY!!!!