

Italian Sausage and Potatoes (Stovetop Pan Recipe)

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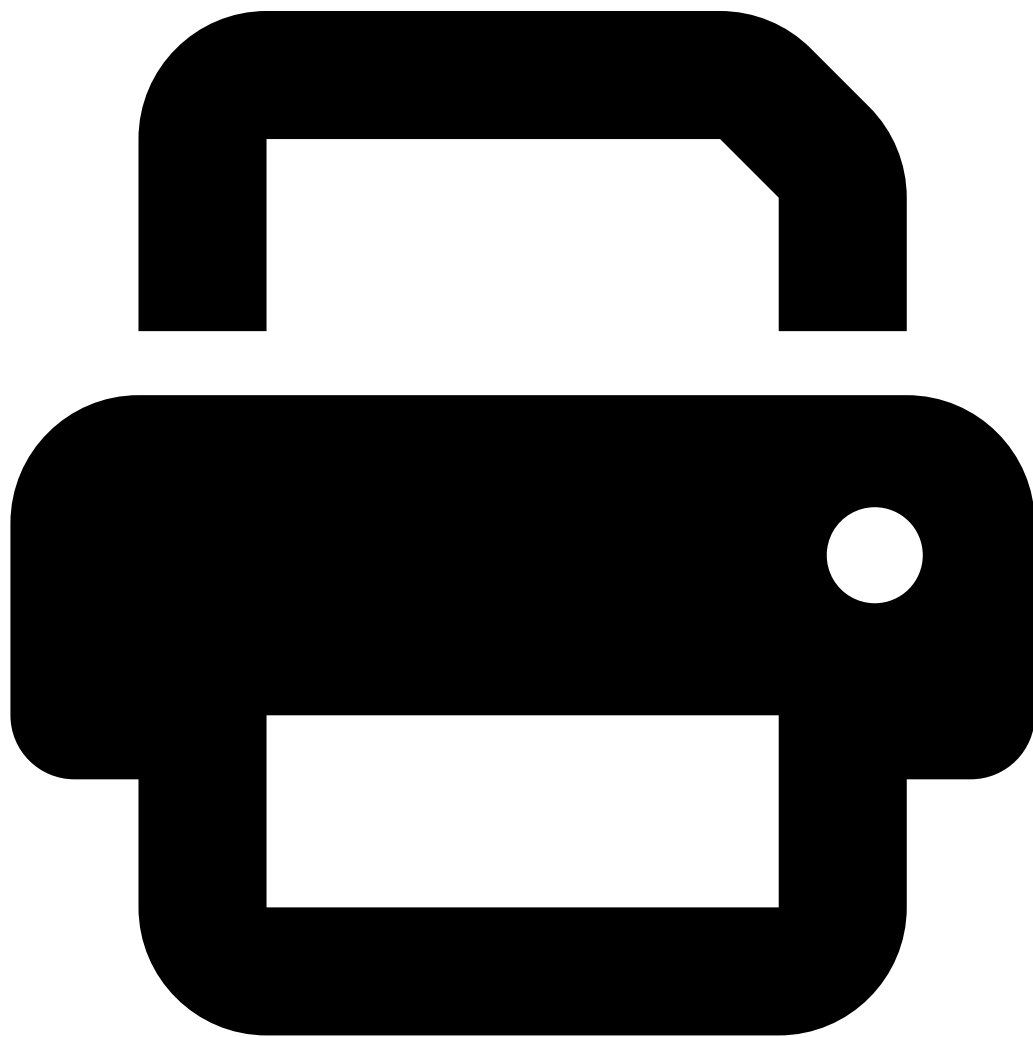
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This Italian Sausage and Potatoes stovetop recipe is the kind of hearty, rustic meal that never goes out of style. Juicy sausage links, tender golden potatoes, sweet peppers, and onions all cook together in one pan, creating incredible flavor with 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)



Italian Sausage and Potatoes is a hearty one-pan meal that's full of rustic Italian flavor. Savory Italian sausage is browned to perfection, then simmered with tender potatoes, onions, garlic, and herbs until everything is beautifully caramelized and infused with flavor. Made entirely on the stovetop, this easy family dinner is perfect for busy weeknights and comes together in one skillet with minimal cleanup.

- 4 links Italian sausage (sweet, mild, or hot)
- 4 – 5 medium 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 Tbsp. olive oil, divided
- 1 Tsp. dried oregano
- 1 Tsp. crushed red pepper flakes (optional)
- Salt and black pepper, to taste
- Fresh chopped Italian parsley, (for garnish)

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:

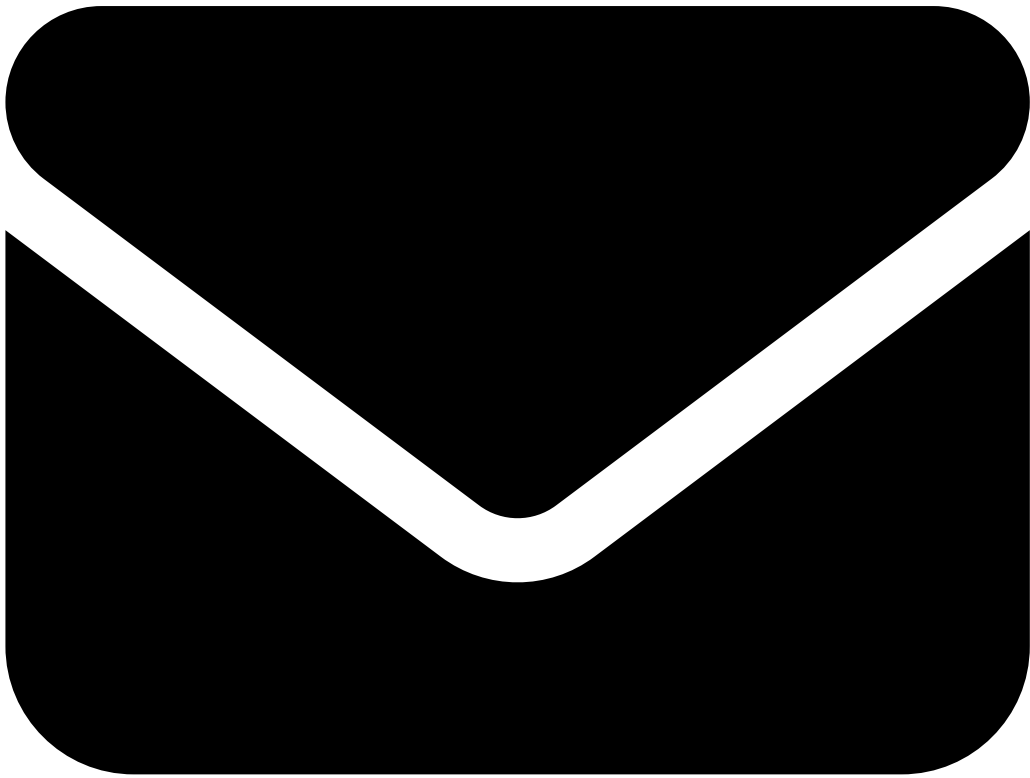
Taste and adjust seasoning with more salt and pepper if needed. Garnish with fresh Italian chopped parsley and serve hot. ENJOY!!!

Italian Sausage and Mushroom Pasta

Italian Sausage and Mushroom Pasta

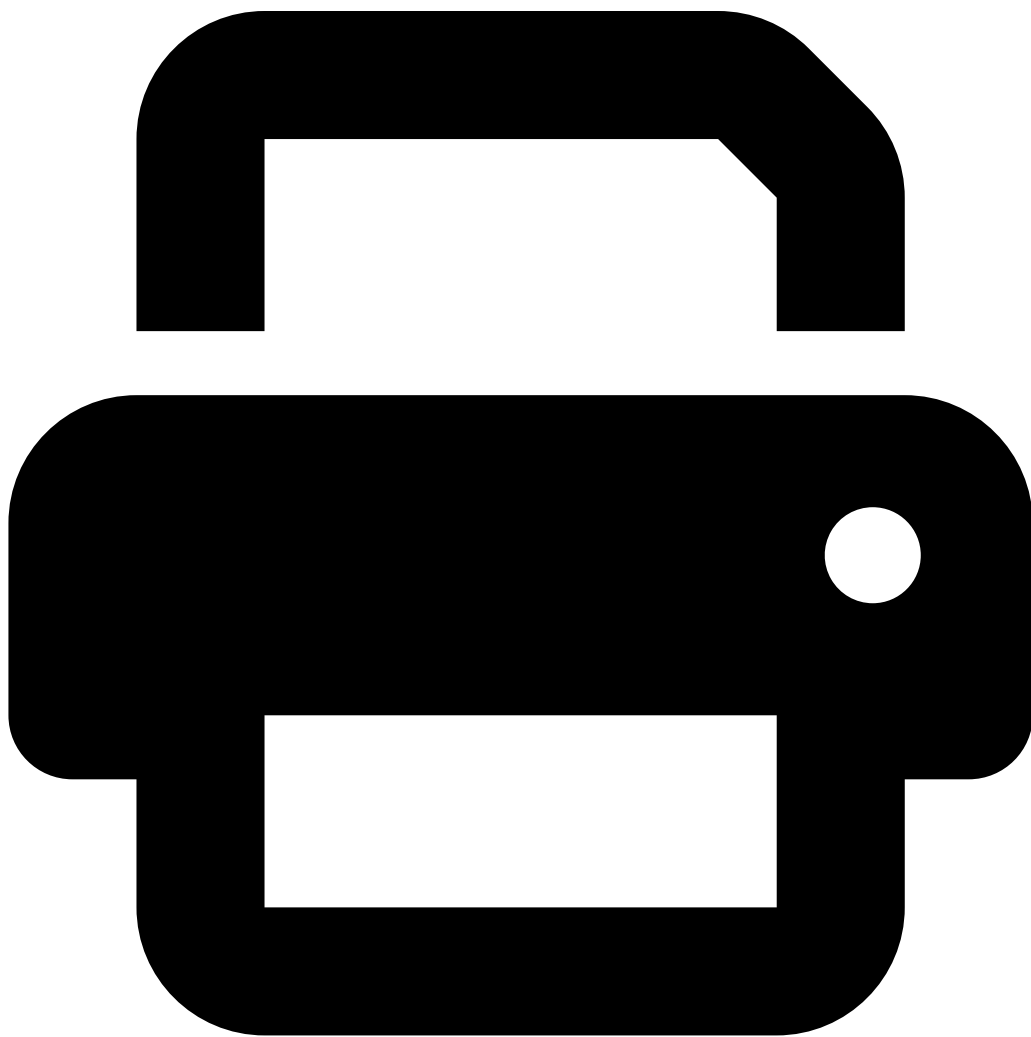
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This rustic **Italian sausage and mushroom pasta** is the kind of dish that brings the warmth of an Italian countryside kitchen right to your table. Savory sausage, earthy mushrooms, and sweet onions are simmered in a tomato-based sauce, then tossed with pasta and finished with parmesan. The addition of reserved pasta water ties everything together into a silky, flavorful sauce.

It's an easy, one-pan pasta dinner perfect for fall weeknights—or for serving family-style on a Sunday.

Things to know about this Italian Sausage and Mushroom Pasta

- **Pasta Choices:** This recipe works beautifully with short pasta shapes that hold the sauce well, like rigatoni,

penne, or orecchiette. If you prefer long noodles, try tagliatelle or pappardelle for a more elegant touch.

- **Mushroom Varieties:** Cremini or button mushrooms are great, but mixing in porcini, shiitake, or chanterelles will give the sauce a deeper, earthier flavor. Dried porcini can be rehydrated and added to boost umami.
- **Tomatoes:** Crushed tomatoes give a rustic texture, but you could also use passata (tomato purée) for a smoother sauce, or whole San Marzano tomatoes hand-crushed for a traditional Italian feel.
- **Herbs:** Fresh thyme and oregano add depth, but rosemary or sage bring more autumn warmth. For brightness, finish with fresh basil or parsley.
- **Cheese Options:** Parmesan is classic, but Pecorino Romano adds a saltier, sharper edge. For extra indulgence, a spoonful of ricotta on top before serving makes it creamy without heavy cream.
- **Spice Level:** Mild sausage keeps it family-friendly, while spicy Italian sausage adds a kick. You can also toss in a pinch of red pepper flakes to heat things up.
- **Make It Meat-Free:** Skip the sausage and bulk up with more mushrooms or add lentils for protein.
- **Veggie Add-Ins:** Spinach, kale, or roasted red peppers fold in beautifully for extra nutrition and color.
- **Meal Prep Friendly:** This pasta reheats well the next day, and the flavors deepen as the sauce sits. Just reserve a splash of pasta water when reheating to keep it sauce

If you loved this recipe, you'll also enjoy my Meatball Sunday Sauce, , or Sausage & Lentil pasta

Italian Sausage and Mushroom Pasta



Italian Sausage and Mushroom Pasta is an easy Italian dinner featuring savory sausage, earthy mushrooms, garlic, and herbs tossed with perfectly cooked pasta in a rich, flavorful sauce. It's a hearty family meal that's ready in about 40 minutes.

- 12 oz pasta (rigatoni, penne, or orecchiette work best)
- 1 lb. Italian sausage (mild or spicy, casings removed)
- 8 oz mushrooms (cremini, button, or a mix), sliced
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1/2 cup dry white wine
- 1 cup pasta water
- 14 oz can crushed tomatoes
- 1/2 cup grated parmesan cheese
- 2 tsp. oregano
- Salt and black pepper, to taste
- Fresh parsley, for garnish + grated parmesan

1. **Cook the pasta.** Bring a large pot of salted water to a boil and cook pasta until al dente. Reserve 1 cup of pasta water, then drain.
2. **Brown the sausage.** In a large skillet, heat olive oil

over medium-high heat. Add sausage, breaking it up with a spoon, and cook until browned, 5–6 minutes. Remove and set aside.

3. **Sauté the aromatics.** In the same skillet, add onion and cook until softened, about 3 minutes. Stir in garlic and mushrooms; cook until mushrooms release their juices and begin to brown, 6–7 minutes.
4. **Deglaze.** Pour in the white wine, scraping up any browned bits from the pan. Simmer until reduced by half.
5. **Make the sauce.** Stir in crushed tomatoes, reserved sausage, thyme, salt, and pepper. Simmer for 10 minutes.
6. **Finish with pasta.** Add cooked pasta to the skillet, along with 1 cup reserved pasta water. Toss everything together until the sauce coats the pasta.
7. **Serve.** Stir in parmesan cheese, garnish with parsley, and serve hot.

Main Course

Italian

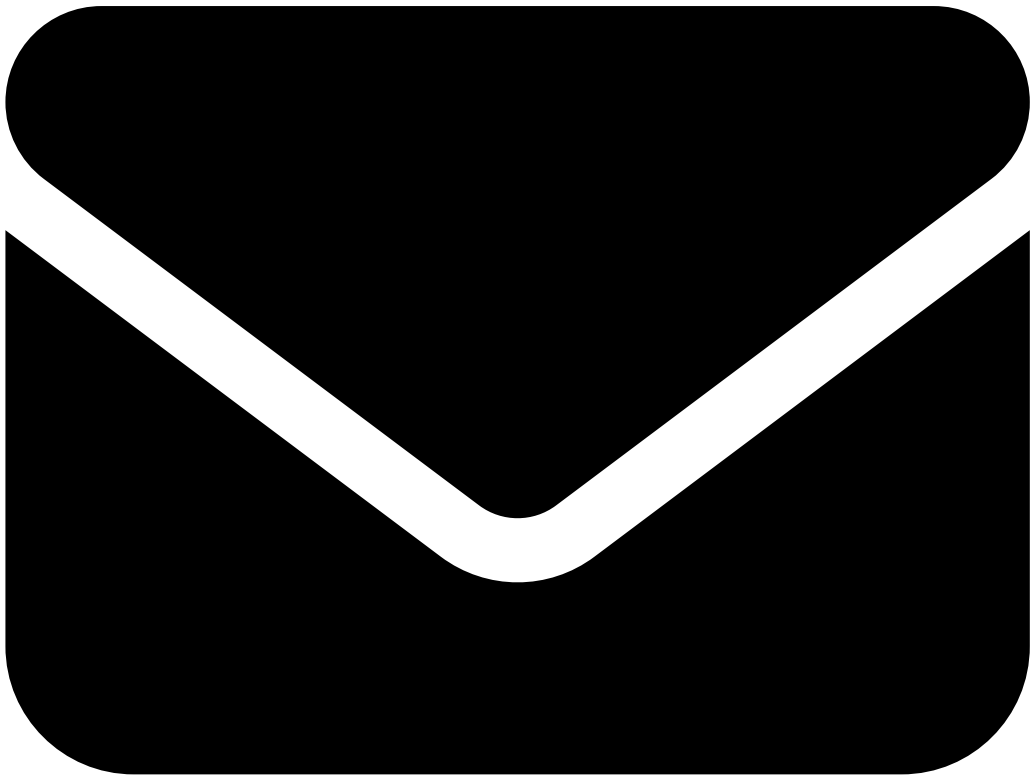
best Italian sausage mushroom pasta recipe

Italian Braised Short Ribs with Red Wine Sauce

Italian Braised Short Ribs with Red Wine Sauce

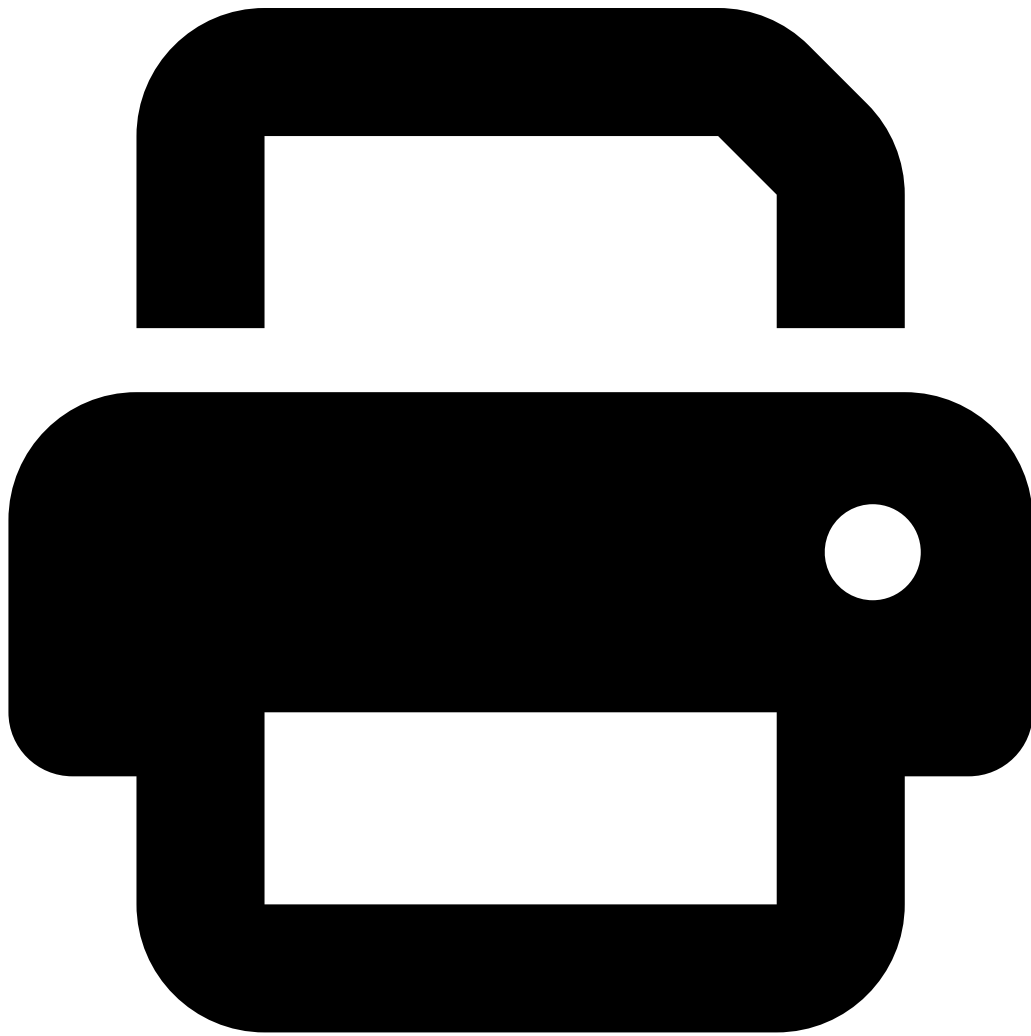
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When the cooler weather sets in, I always find myself reaching for those slow-cooked, comforting dishes that fill the kitchen with warmth and incredible aromas. In Italy, fall and winter are the seasons of braises—hearty cuts of meat simmered low and slow with wine, herbs, and vegetables until they become tender enough to fall off the bone. This style of cooking is especially popular in Northern Italy, where rich red wines like Barolo, Chianti, or Montepulciano are often used to deepen the flavor of the sauce.

These Italian Braised Short Ribs in Red Wine Sauce are a perfect example of that rustic tradition. The beef slowly soaks up all the earthy flavors of garlic, rosemary, thyme, and a bold red wine, creating a sauce that's every bit as comforting as it is elegant. It's the kind of meal that feels special enough for company but also works beautifully as a Sunday family dinner—especially served over creamy polenta, mashed potatoes, or wide ribbons of pappardelle to catch every

last drop of the sauce.

Things to know about this Italian Braised Short Ribs with Red Wine Sauce

- **Best wine to use:** Always cook with a wine you'd enjoy drinking. Italian reds like Barolo, Chianti, or Montepulciano give the sauce depth, but any good dry red will work.
- **Make-ahead friendly:** Braised short ribs taste even better the next day as the flavors deepen. You can cook them a day ahead, then gently reheat before serving.
- **Serving suggestions:** The Italian way is to pair braised meats with creamy polenta or wide pappardelle pasta, but mashed potatoes or crusty bread for dipping are just as delicious.
- **Leftovers:** Shred leftover short rib meat and use it as a rich ragu over pasta or tucked into a hearty panini.
- **Cooking tip:** Keep the heat low and slow—this style of Italian braise is all about patience, letting the wine and herbs transform the meat into something truly tender.
- Looking for more cozy Italian comfort food? Try my **creamy Italian sausage risotto** for another hearty fall dinner, or my Spicy Italian sausage gnocchi soup. And if you love cooking with wine, you won't want to miss my **bone-in pork chop piccata** for a quick weeknight favorite.

Italian Braised Short Ribs with Red Wine Sauce



These **Italian Braised Short Ribs with Red Wine Sauce** are slow-cooked until fall-apart tender in a rich sauce made with red wine, tomatoes, herbs, and aromatic vegetables. This classic Italian comfort food is perfect for Sunday dinner, holidays, or any special occasion.

- 3-4 lbs bone-in beef short ribs
- Salt & freshly ground black pepper
- 3 tbsp olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 2 cups dry Italian red wine (Barolo, Chianti, or Montepulciano)
- 2 cups beef stock
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 bay leaves

1. Season & sear the short ribs

Pat ribs dry and season generously with salt and pepper. In a large Dutch oven, heat olive oil over medium-high heat. Sear ribs on all sides until deep brown, about 3–4

minutes per side. Transfer to a plate.

2. Sauté the aromatics

In the same pot, add onion, carrots, and celery. Cook 5–6 minutes until softened. Add garlic and tomato paste, stirring for 1 minute until fragrant.

3. Deglaze with wine

Pour in the red wine, scraping up browned bits from the bottom. Simmer 5 minutes to reduce slightly.

4. Add stock & herbs

Stir in beef stock, rosemary, thyme, bay leaves, and porcini mushrooms (if using). Return short ribs (and any juices) to the pot. The liquid should come about halfway up the ribs—add more stock if needed.

5. Braise low & slow

Cover and cook at **325°F (160°C) in the oven for 2½–3 hours**, until the meat is fork-tender and falling off the bone.

6. Finish the sauce

Remove ribs to a platter and cover. Discard herb stems and bay leaves. Skim off excess fat from the sauce, then simmer uncovered for 5–10 minutes until slightly thickened. Adjust seasoning with salt and pepper.

7. Serve

Spoon sauce over the short ribs and serve with creamy polenta, mashed potatoes, or wide pappardelle pasta.

Main Course

Italian

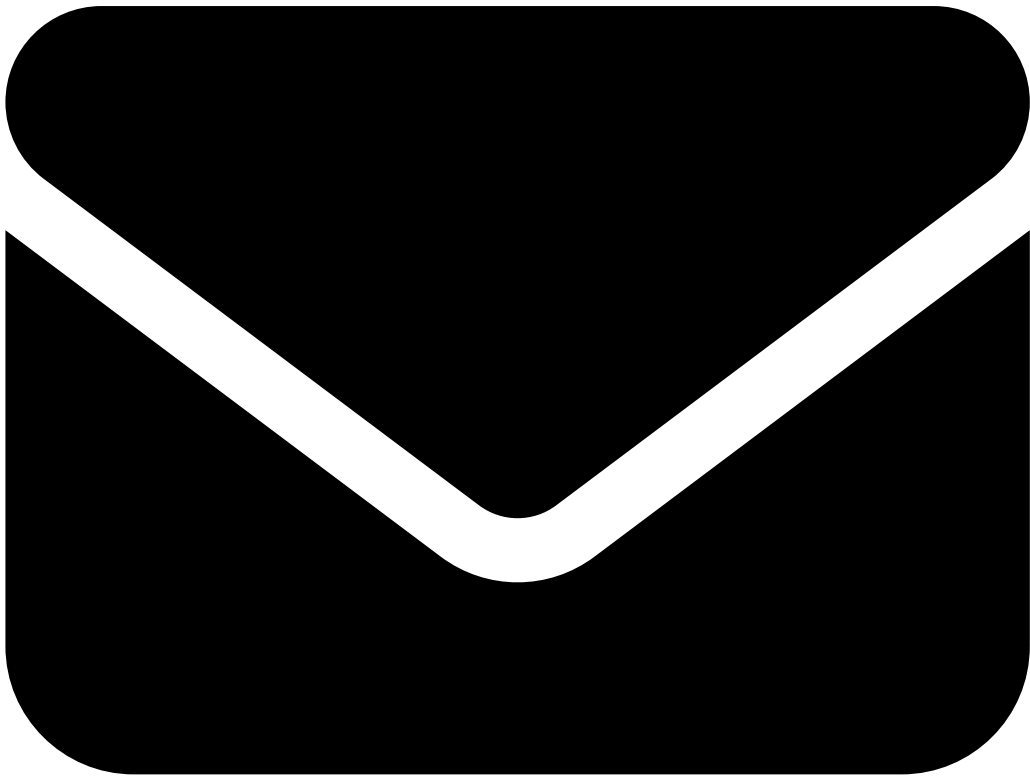
braised short ribs with red wine

Steak Pizzaiola with Potatoes and Peas

Steak Pizzaiola with Potatoes and Peas

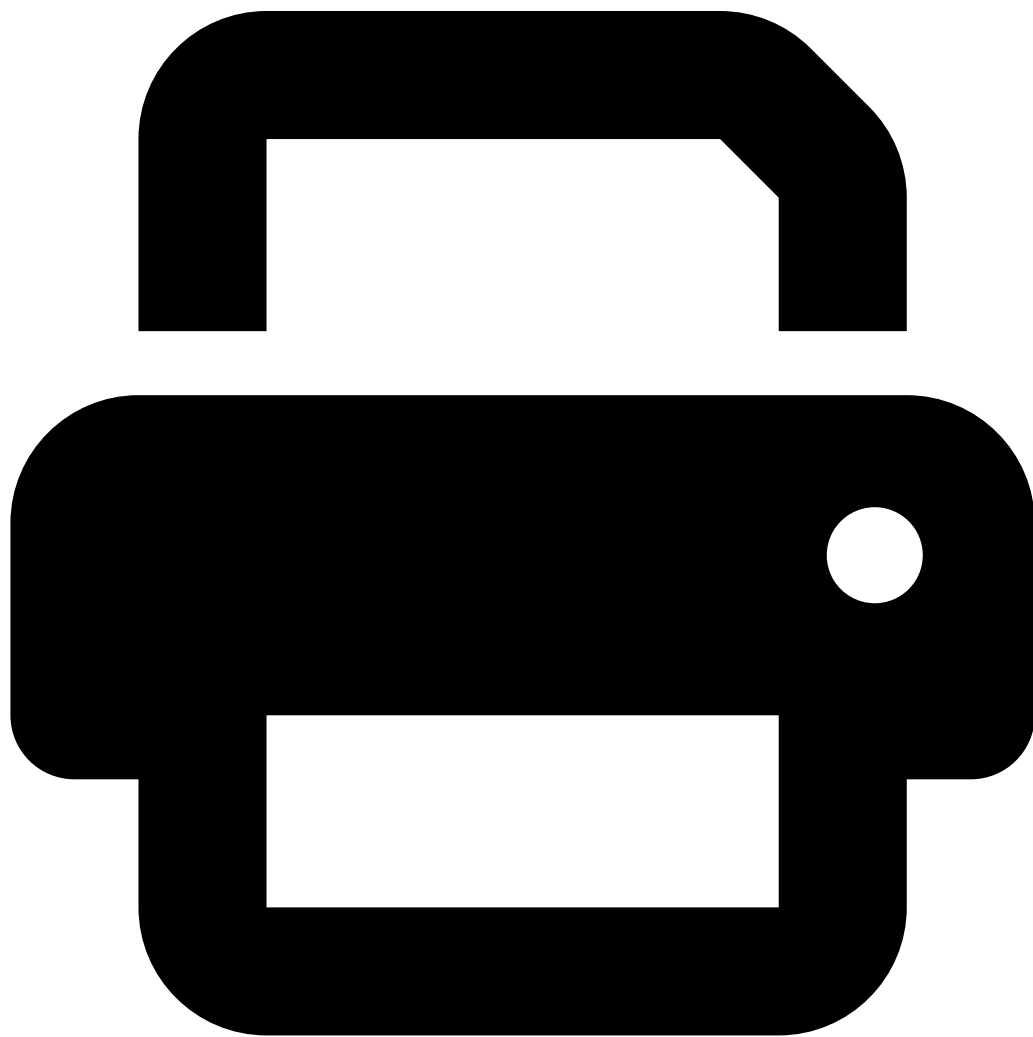
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Steak Pizzaiola with Potatoes and Peas is a rustic Italian classic that transforms simple ingredients into a hearty, comforting meal. Tender strips of sirloin are simmered in a rich tomato-based sauce with sweet bell peppers, golden potatoes, and fresh green peas, infused with garlic, oregano, and basil. This dish brings the warmth and flavor of an Italian kitchen straight to your table—perfect for fall or winter nights when you crave a cozy, satisfying dinner.

Things to Know About Italian Steak Pizzaiola with Potatoes and Peas

- **What is Pizzaiola?**

Pizzaiola is a traditional Neapolitan method of cooking beef in a tomato-based sauce with garlic, oregano, and herbs. Adding potatoes and peas makes it a hearty, one-pan meal.

- **Best Cuts of Beef:**

Sirloin works beautifully, but you can also use ribeye or flank steak. Slice thinly across the grain for maximum tenderness.

- **Make-Ahead Friendly:**

The tomato, pepper, and potato base can be cooked ahead of time. Add the steak and peas just before serving to keep everything fresh.

- **Serving Suggestions:**

Serve with crusty Italian bread, creamy polenta, or over rice. A light green salad makes a perfect accompaniment.

- **Wine Pairing:**

Medium-bodied Italian reds like Chianti or Montepulciano d'Abruzzo complement the tomato sauce and peppers beautifully.

- **Leftovers:**

Store in the fridge for up to 3 days. Reheat gently to keep the steak tender; flavors deepen overnight, making it even more delicious

- While you're here, check out some of our other Italian favorites:

- Creamy Sausage Tortellini Soup – rich, comforting, and full of flavor.
- Italian Wedding Soup – a classic, family-loved soup straight from our restaurant menu.

Don't forget to share your creations on Instagram and tag us – we love seeing your Italian kitchen

Steak pizzaiola with potatoes and peas



- 1 $\frac{1}{2}$ lbs sirloin steak (thinly sliced into strips)
- 1 large onion (thinly sliced)
- 2 medium potatoes (peeled and diced)
- 3 cloves garlic (minced)
- 1 can 14 oz crushed tomatoes
- 1 cup frozen peas (or fresh if in season)
- 2 tbsp olive oil
- $\frac{1}{2}$ cup dry white wine (optional)
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and freshly ground black pepper (to taste)
- Fresh parsley (chopped (for garnish))

1. Prepare the steak (10 minutes):

Season the sirloin strips with salt and pepper. Heat 1 tablespoon olive oil in a large skillet or Dutch oven over medium-high heat. Sear the steak for 2–3 minutes per side until browned but not fully cooked. Remove from the pan and set aside.

2. Cook the vegetables (15 minutes):

Add the remaining tablespoon olive oil to the pan. Sauté the onion until softened, about 5–6 minutes. Add the diced potatoes and cook another 5–7 minutes, stirring

occasionally, until lightly golden. Stir in the garlic and cook 1 minute until fragrant.

3. Build the Pizzaiola sauce (20 minutes):

Pour in the white wine (if using) and allow it to reduce for 2–3 minutes. Add the crushed tomatoes, oregano, and basil. Season with salt and pepper. Cover and simmer gently for 15–20 minutes, or until the potatoes are tender.

4. Finish the dish (5 minutes):

Stir in the peas and return the steak to the pan. Simmer on low heat for about 5 minutes, or until the steak is cooked through and the flavors are well blended.

5. Serve:

Garnish with chopped fresh parsley. Serve warm with crusty Italian bread, polenta, or over rice for a complete rustic Italian meal.

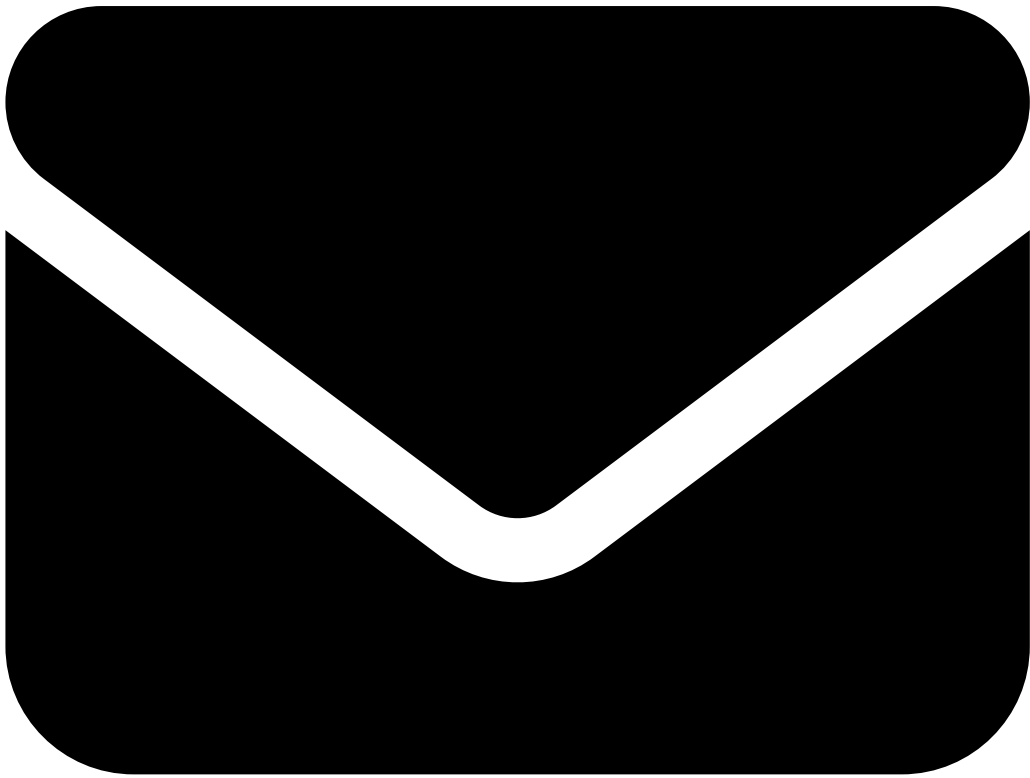
Italian Bracirole in Tomato Sauce

Italian Bracirole in Tomato

Sauce

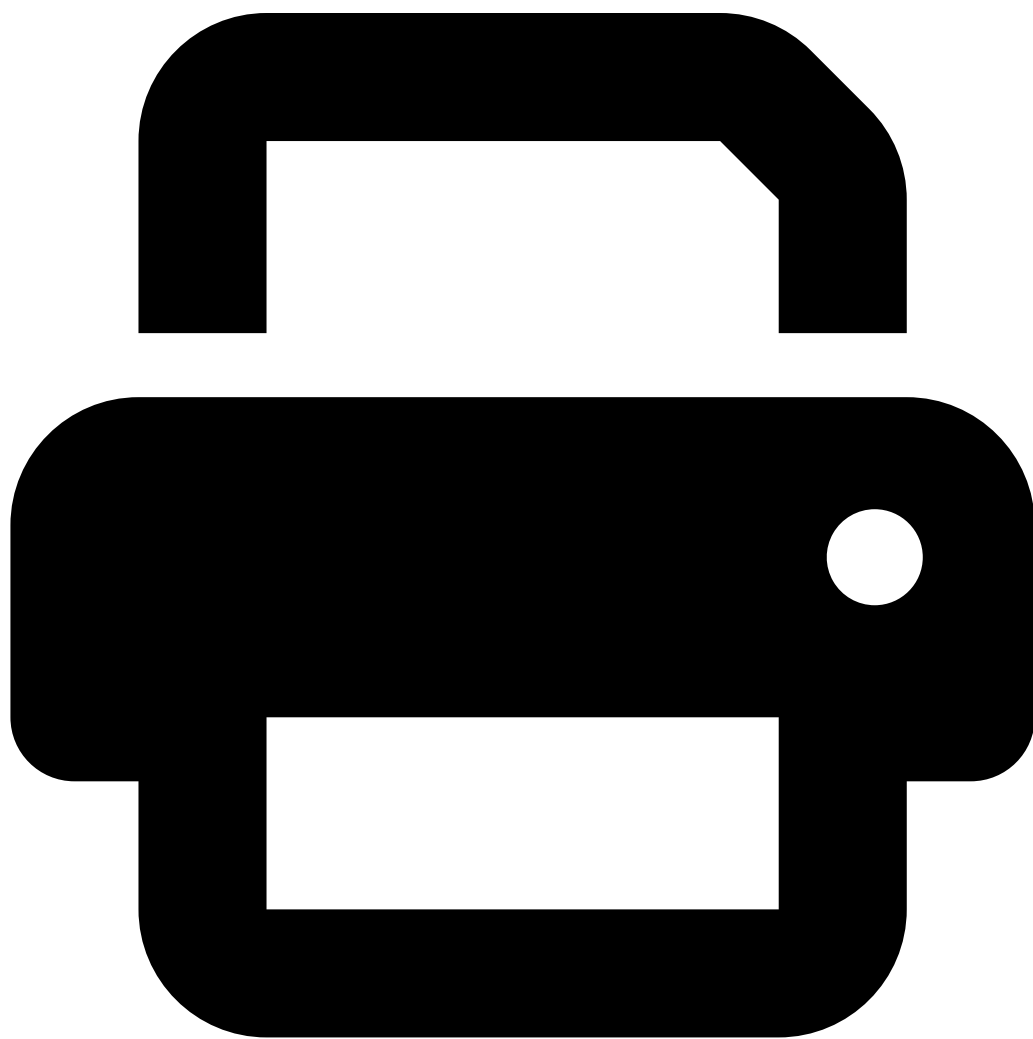
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The first day of September always feels like the true start of my fall cooking. The air turns a little cooler, and I naturally begin to crave those cozy Italian dishes that remind me of home.

When I was growing up, Sundays meant sauce simmering on the stove. My mom usually made it with meatballs, ribs, sausage – or sometimes all three. But every once in a while, she added **braciole**, and that made the meal extra special. She would pound slices of beef thin, fill them with cheese, herbs, and breadcrumbs, then roll them up tightly. After slowly cooking in the sauce until tender, they became the kind of dish that felt like a celebration.

For me, braciole will always mark the beginning of hearty, comforting meals – perfect for the cooler season ahead.

Things to Know About Italian Braciole

What is Braciole?

Braciole (pronounced *brah-cho-lee*) is a classic Italian dish made with thin slices of beef rolled around a savory filling, then simmered slowly in tomato sauce until tender. Once cooked, the rolls are sliced and served with the rich sauce over pasta or alongside crusty bread.

Regional Variations

Every Italian family makes braciole a little differently. In Southern Italy, you'll often find fillings with raisins and pine nuts for a sweet-and-savory touch. In other regions, it's kept simple with just breadcrumbs, garlic, parsley, and cheese. Some families also prepare braciole with pork or veal instead of beef.

Cooking Low and Slow

The key to tender braciole is patience. The beef needs time to soften as it gently simmers in the sauce, soaking up all that flavor. A heavy pot or Dutch oven works best for even cooking.

Perfect for Sunday Dinner

Braciole has always been considered a special occasion dish, often reserved for Sunday dinners or holidays. Making it on the first cool days of fall captures that same cozy sense of comfort and tradition.

Make-Ahead Friendly

Like many Italian dishes, braciole tastes even better the next day after the flavors have had time to meld. It's the perfect make-ahead meal – impressive for guests yet easy to reheat and serve

Ready to bring a little Italian tradition into your kitchen? Try this braciole recipe for your next Sunday dinner – then let me know in the comments how your family enjoyed it! Don't forget to check out my other cozy Italian recipes like spicy Italian sausage gnocchi soup or easy crispy chicken parmesan

for more fall cooking inspiration.

Italian Braciole in Tomato Sauce



For the Braciole:

- 4-6 thin slices beef top round (about 6–8 ounces each, pounded to $\frac{1}{4}$ -inch thickness)
- $\frac{1}{2}$ cup grated Parmesan or Pecorino Romano
- $\frac{1}{2}$ cup breadcrumbs (preferably Italian seasoned)
- 2 garlic cloves (finely minced)
- $\frac{1}{2}$ cup fresh parsley (chopped)
- 2 tablespoons pine nuts (optional, but traditional in many regions)
- Salt & freshly ground black pepper
- Olive oil (for searing)
- Butcher's twine or toothpicks for tying

For the Sauce:

- 3 tablespoons olive oil
- 1 small onion (finely chopped)
- 2 garlic cloves (minced)
- $\frac{1}{2}$ cup chopped parsley
- 1 can (28 ounces crushed tomatoes)
- 1 can 14 ounces tomato sauce
- $\frac{1}{2}$ cup red wine
- 1 teaspoon dried oregano (or 2 teaspoons fresh)
- $\frac{1}{2}$ teaspoon red pepper flakes (optional)

- 1 bay leaf
- Salt & pepper to taste
- Fresh basil (for finishing)

1. **Prepare the filling** – In a small bowl, combine breadcrumbs, Parmesan, garlic, parsley, and pine nuts. Season lightly with salt and pepper.
2. **Assemble the rolls** – Lay each beef slice flat. cover with plastic wrap and pound thin divide the filling evenly in the center of each slice. Roll the beef tightly into a log and secure with twine or toothpicks.
3. **Brown the braciolo** – Heat olive oil in a large heavy pot or Dutch oven over medium-high heat. Sear the beef rolls on all sides until browned, 6–8 minutes. Transfer to a plate.
4. **Make the sauce** – In the same pot, add more olive oil if needed. Sauté onion until soft, about 5 minutes, then stir in garlic and parsley. Deglaze with red wine, scraping up any browned bits. Add crushed tomatoes and the sauce, oregano, red pepper flakes, bay leaf, salt, and pepper. and stir well, Simmer covered for 1 hour
5. Return the braciolo to the pot, nestling them into the sauce. Cover with a lid and simmer gently on low for about 1 hour, or until the beef is tender. Stir occasionally and add a splash of water if sauce thickens too much.
6. **Serve** – Remove the twine or toothpicks, slice the braciolo into rounds, and serve topped with sauce. Garnish with fresh basil and more grated cheese.

7. **More Serving Suggestions for Braciolo**

Over Pasta – Toss the rich tomato sauce with spaghetti,

rigatoni, or ziti, then serve the sliced bracirole on top.

With Polenta – Creamy polenta is a classic Italian pairing that soaks up all the delicious sauce.

Crusty Bread – A warm loaf is a must for dipping into the sauce.

Vegetable Sides – Pair with roasted broccoli, garlicky green beans, or a simple side salad for balance.

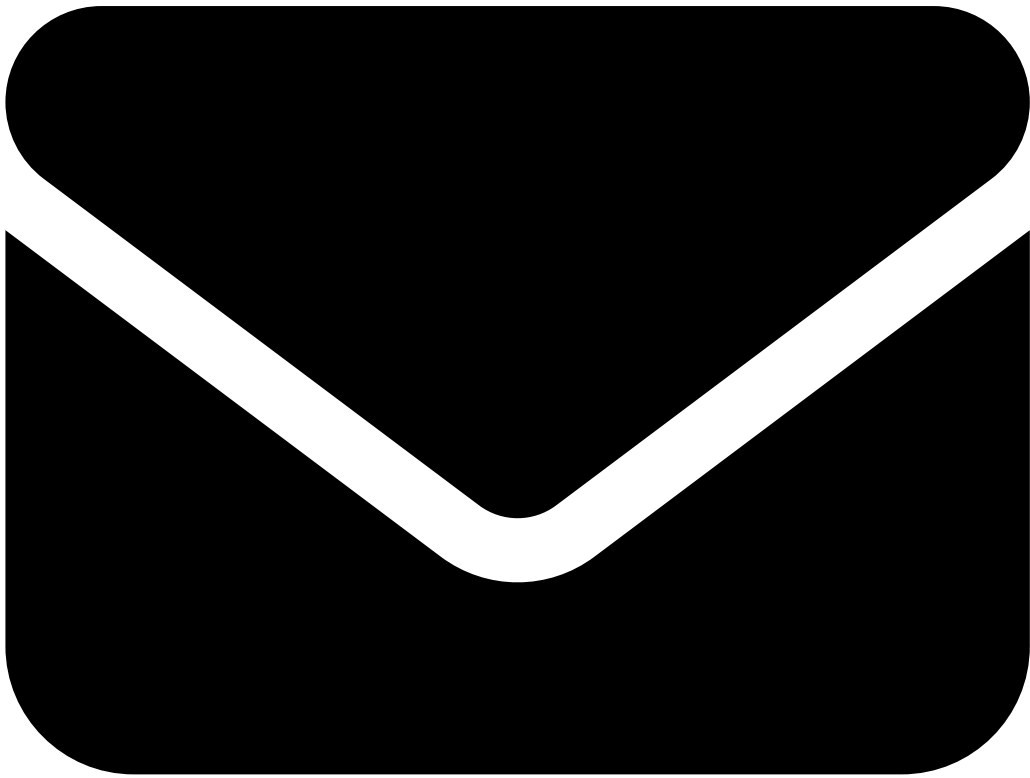
Wine Pairing – A medium-bodied red like Chianti or Montepulciano complements the richness perfectly.

Pork Medallions Marsala with Mushrooms

Pork Medallions Marsala with Mushrooms

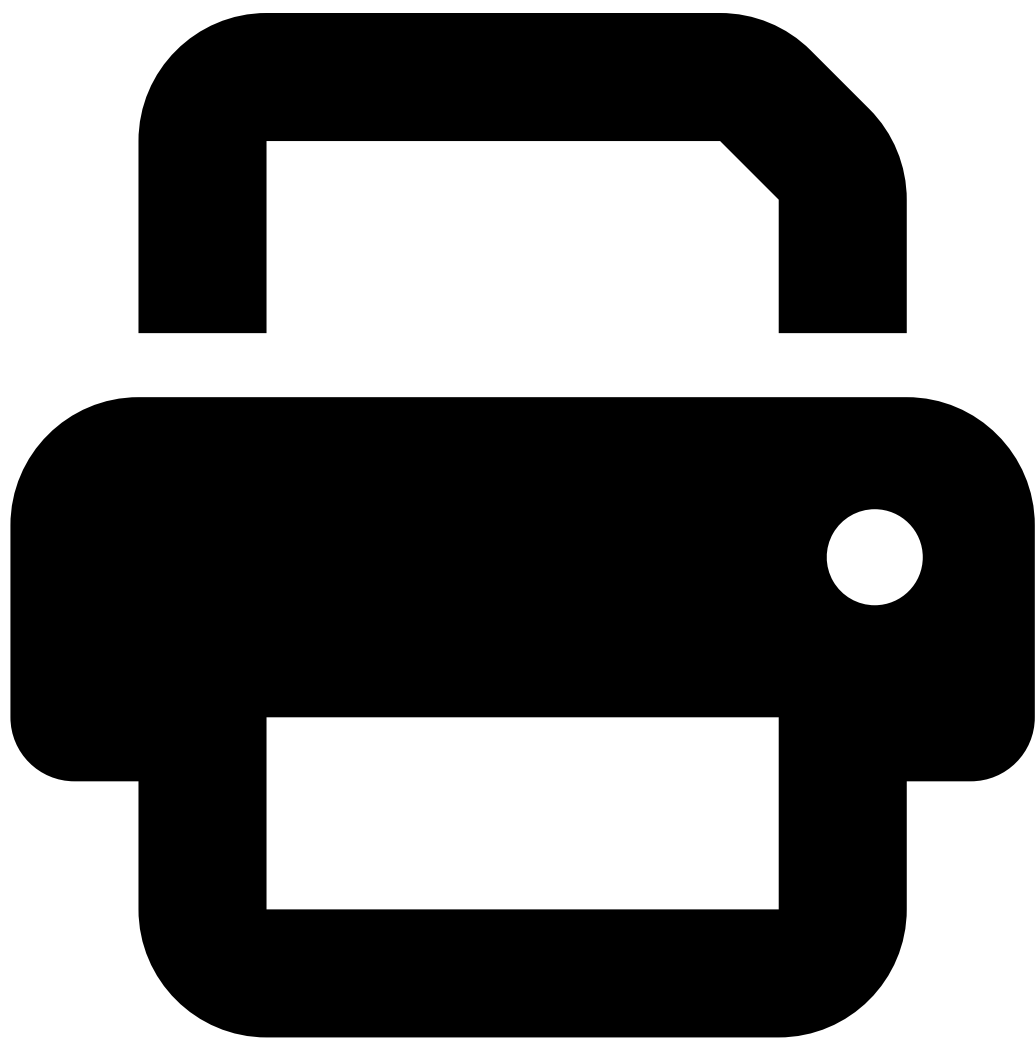
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When the weather turns crisp, I crave meals that feel rustic yet refined. Pork Medallions Marsala is one of those dishes that instantly brings me back to my restaurant days. It was a customer favorite on our fall menu – tender rounds of pork seared until golden, then simmered in a silky Marsala wine sauce with mushrooms.

The dish had just the right balance of comfort and elegance, which made it perfect for both a weeknight dinner and a special occasion. I remember guests telling us it felt like something you'd order in a little Italian trattoria, yet it came together so simply in our kitchen.

Now, I make it at home for my family. The earthy mushrooms, sweet Marsala, and tender pork remind me of those busy fall nights at the restaurant, when the dining room was full and this dish was always on repeat. It's still just as cozy, comforting, and elegant – but now it's a recipe you can bring

to your own table.

Restaurant Memory

This dish first appeared on our fall menu when the cooler evenings started calling for something heartier. We wanted a dish that felt warm and comforting, yet still had a touch of elegance – something our guests could enjoy with a glass of red wine. Pork Medallions Marsala checked every box.

I still remember how quickly it became a customer favorite. Tables would order it again and again, sometimes even requesting extra sauce to soak up with bread. For me, it was always a joy to watch a recipe created in our kitchen turn into a signature dish that brought people back. Today, I love recreating that same feeling at home.

Things to know about this Pork Medallions Marsala with Mushrooms

You said:

- **Marsala Wine Choices** – Sweet Marsala gives the sauce a richer, caramelized flavor, while dry Marsala leans more savory. Both work – it's simply personal preference.
- **No Marsala?** – If you can't find Marsala wine, a dry sherry or Madeira makes a good substitute. Even a dry white wine with a splash of brandy works in a pinch.
- **The Right Cut** – Pork tenderloin is best here since it stays juicy and tender when sliced into medallions. Pork loin can work, but may need a slightly longer cooking time.
- **Don't Overcook the Pork** – Pork is perfectly done at 145°F with a slight blush in the center. Overcooking will make the medallions tough.

- **Mushroom Options** – Cremini, button, or baby bella mushrooms are classic, but feel free to try wild mushrooms for deeper flavor.
- **Make It Creamy (Optional)** – Adding a splash of heavy cream gives the sauce a velvety richness, but it's just as delicious without.
- **What to Serve It With** – Mashed potatoes, creamy polenta, or buttered noodles are perfect for soaking up the sauce. For a lighter option, try roasted green beans or a simple arugula salad.
- **Meal Prep Friendly** – The sauce reheats beautifully, so you can make it ahead and gently warm before serving.
- If you loved this Pork Medallions Marsala recipe, you'll also enjoy these fall-friendly Italian dishes from the blog:
 - **Pork Chop Piccata** – Tender pork in a tangy lemon-caper sauce, perfect for weeknight dinners.
 - **Italian Roasted Potatoes** – Crispy, garlicky, and a perfect side to soak up any sauce.
 - **Butternut Squash Risotto with Sage & Parmesan** – Creamy, comforting, and full of fall flavors.

Pork Medallions Marsala with Mushrooms



- 2 pork tenderloins (about 1 $\frac{1}{2}$ lbs total, trimmed and cut into 1-inch medallions)
- Salt and freshly ground black pepper
- $\frac{1}{2}$ cup all-purpose flour (for dredging)
- 3 tablespoons olive oil (divided)
- 2 tablespoons unsalted butter
- 8 ounces cremini or button mushrooms (sliced)
- 2 cloves garlic (minced)
- 1 cup Marsala wine (sweet or dry)
- 1 cup chicken stock (low-sodium)
- $\frac{1}{2}$ cup heavy cream (optional, for a richer sauce)
- 2 teaspoons fresh thyme or chopped parsley (for garnish)

1. **Prep the pork:** Slice pork tenderloin into medallions, about 1-inch thick. Season generously with salt and pepper. Lightly dredge in flour, shaking off excess.
2. **Sear:** Heat 2 tablespoons olive oil in a large skillet over medium-high. Sear pork medallions in batches, about 2–3 minutes per side, until golden but not fully cooked. Transfer to a plate.
3. **Cook the mushrooms:** Add remaining olive oil and butter to the skillet. Sauté mushrooms until browned, about 5–6 minutes. Add garlic and cook 1 minute more.
4. **Deglaze with Marsala:** Pour in the Marsala wine, scraping up any browned bits. Let simmer 2 minutes to reduce slightly.

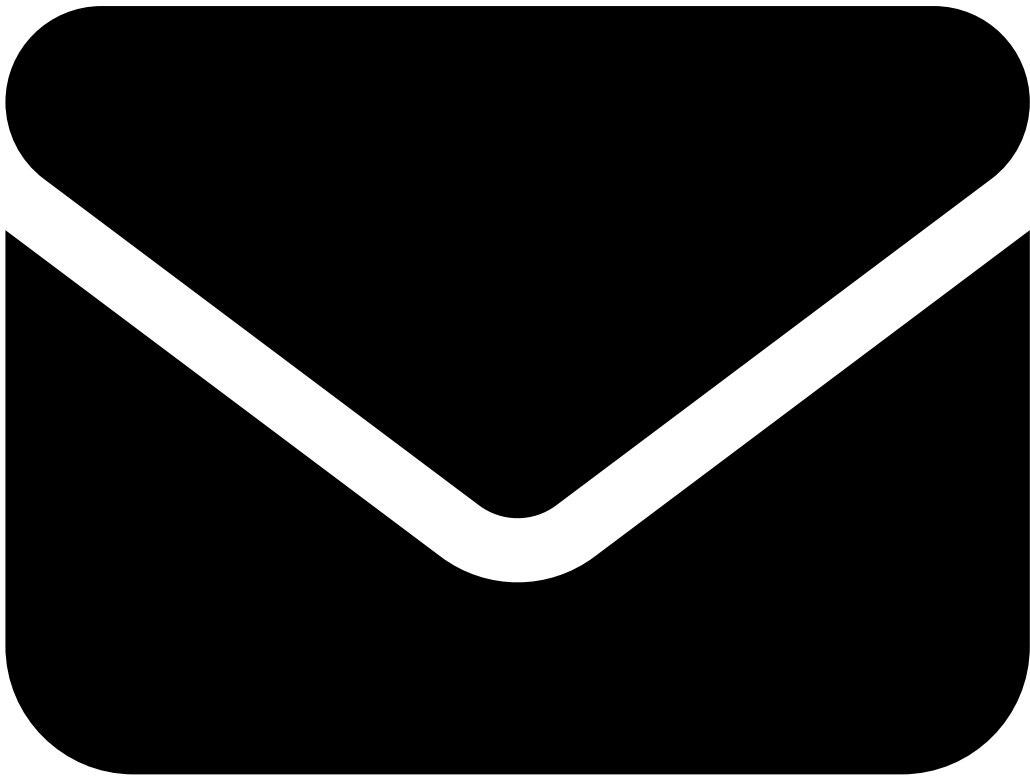
5. **Finish the sauce:** Add chicken stock and optional cream. Return pork medallions to the skillet, nestling into the sauce. Simmer gently 5–7 minutes, until pork is cooked through (145°F internal temperature).
 6. **Serve:** Garnish with thyme or parsley. Serve over mashed potatoes, polenta, or buttered pasta
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Southern Italian Meatballs with Potatoes and Peas

Southern Italian Meatballs with Potatoes and Peas

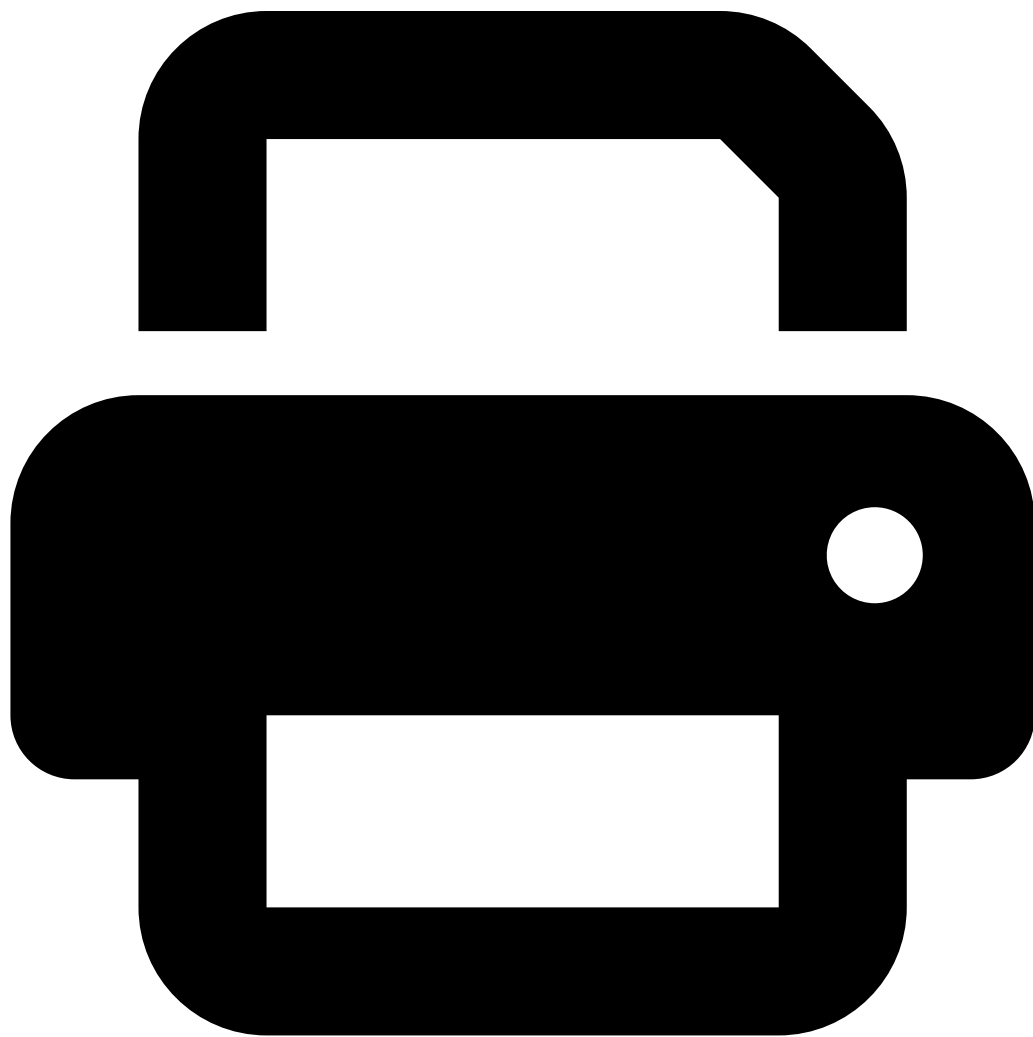
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This Southern Italian meatball dish with potatoes and peas is a rustic one-pot meal simmered in white wine and chicken broth. A cozy, comforting recipe inspired by *cucina povera*.

Although I was born in Tuscany, Northern Italy, some of my fondest food memories come from the Southern side of the country – especially dishes like this comforting plate of *polpette con patate e piselli*, or meatballs with potatoes and peas. My Mama would make this humble one-pot meal often, simmering the tender meatballs in a light broth of white wine and chicken stock until the potatoes were soft and the peas just burst with sweetness. It's a perfect example of *cucina povera* – simple, rustic ingredients brought to life with love.

This dish fed many in our home, and I still make it the same way today. It's comforting, hearty, and perfect with a piece of crusty bread to soak up the flavorful broth.

Things to know about this Southern Italian Meatballs with potatoes and peas

- **Cucina Povera Roots:**

This dish is a perfect example of *cucina povera*, Italy's tradition of making delicious meals with simple, humble ingredients. No fancy sauces here – just pantry staples transformed into comfort food.

- **No Tomatoes Needed:**

While many Italian meatball recipes rely on tomato sauce, this one simmers in a light white wine and chicken broth, allowing the flavors of the meat, potatoes, and peas to shine.

- **Great for Meal Prep:**

This dish reheats beautifully and actually tastes even better the next day, making it ideal for leftovers or meal prepping ahead.

- **Flexible Ingredients:**

You can use beef, pork, or a mix for the meatballs. Frozen peas work just as well as fresh, and Yukon Gold or red potatoes hold their shape nicely during simmering.

- **Serve it Simply:**

Traditionally served as a main course, this dish pairs best with crusty bread and a glass of white wine. No pasta needed – the broth is the star.

- **Family Favorite:**

This meal has been passed down in many Southern Italian homes for generations. It's hearty, budget-friendly, and feeds a crowd with ease.

Looking for more comforting Italian meals?

Try some of my other family favorites:

- ☐ Mama's Sunday Meatball Sauce
- ☐ Tuscan Chicken with Potatoes
- ☐ Italian Wedding Soup
- ☐ Sausage and Lentil Pasta

Southern Italian Potatoes, Peas & Meatballs



- 1 lb. lean ground beef (85-15)
- 1/2 cup milk
- 2 eggs slightly beaten
- 1/4 cup grated Pecorino or Parmesan cheese
- 3/4 cup Italian seasoned breadcrumbs
- 2 garlic cloves (finely minced)
- 1 Tbsp. onion powder
- 2 Tbsp chopped Italian parsley
- Salt & pepper to taste
- 2 Tbsp. Olive oil
- 1/2 cup dry white wine
- 2 cups low-sodium chicken stock
- 3 small potatoes (peeled & cubed)
- 1-2 cups green peas (fresh or frozen)
- 1/3 cup chopped Italian parsley
- Salt and pepper to taste

1. Prepare the meatballs: In a large bowl, combine the

breadcrumbs with the milk, let sit until the milk is fully absorbed add in the eggs, grated cheese, breadcrumbs, minced garlic, onion powder chopped parsley, and a generous pinch of salt and black pepper. Mix until just combined, being careful not to overwork the meat. Roll the mixture into small meatballs, about the size of a walnut.

2. **Brown the meatballs:** In a wide, deep skillet or Dutch oven, heat the olive oil over medium heat. Add the meatballs in a single layer (you may need to work in batches) and brown them on all sides, turning gently. Once golden, transfer them to a plate and set aside.
 3. **Deglaze the pan:** With the heat still on medium, pour the white wine into the pan, scraping up any browned bits from the bottom with a wooden spoon. Let the wine simmer for a minute or two to reduce slightly.
 4. **Simmer with potatoes:** Return the browned meatballs to the pan and add the cubed potatoes. Pour in the chicken stock, making sure the meatballs and potatoes are partially submerged. Cover the pan and let everything simmer gently for about 15–20 minutes, or until the potatoes are tender and the meatballs are cooked through.
 5. **Add the peas:** Stir in the peas (fresh or frozen) and cook for another 5–7 minutes, just until the peas are heated through and tender. Taste and adjust seasoning if needed. ENJOY!!!Ladle the meatballs, potatoes, and peas into shallow bowls with a bit of the broth. Serve warm with crusty bread to soak up the flavorful juices.
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Easy Chicken Meatballs

Easy Chicken Meatballs

These chicken meatballs are the very best meatballs ever, the healthier version of everyone's favorite.

Ground chicken breast, seasoned with rich traditional Italian flavors, so good you'll want to make them often.

Think pasta and meatballs, meatball sandwiches or just a bowl of meatballs with sour dough bread to sop up the homemade marinara sauce.

Chicken meatballs can be used in many different ways and frozen for ready made meals for busy weeknight dinners, or unexpected company is coming.

It's not often you find a meal everyone will love, when you do it's a win-win.

While the Italian meatball may not rival in popularity in the same way as the American hamburger, it still has a big following across the nation. I know they 're popular in my house

The Definition Of Meatballs

The definition of meatballs is ground meat that is shaped into a ball. In Italian meatballs they are made from beef or veal and either fried or baked before finishing the cooking process in marinara sauce. We had this meal twice a week when I was growing up, on Thursday and Sunday.

I still make the same meal for my family at least once a week using ground chicken. These chicken meatballs are a healthier version of the classic without losing

any of the authentic Italian flavors. I made them even healthier by baking them in my Cuisinart air fryer

A few tips

Don't over mix the meat mix only until well blended,

if your hand are damp it makes it easier to roll

Pre portion the meat before forming into meatballs

Don't overcook bake total cooking time is 30 minutes 10 minutes in the oven and 20 minutes in the marinara sauce

If you make these chicken meatballs please leave me a comment and don't forget to tag me on Instagram....That's my favorite part hearing from you !!! If you love meatballs try my Baked vegetarian zucchini meatballs for a delicious vegetarian option or the classic .Meatball Sunday sauce

Ingredients

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste

Instructions

1. Turn oven to 375 degrees

2. Mix all ingredients except the ground chicken well
 3. Add the ground chicken mixing until well blended don't over mix
 4. With damp hands roll into golf size balls
 5. bake in a preheated oven 10 minutes
 6. Transfer to prepared marinara
 7. Simmer 20 covered 20 minutes
 8. ENJOY!!!!
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Baked Stuffed eggplant Bolognese

Baked Stuffed eggplant Bolognese

If you're craving something cozy and comforting, this **Baked Stuffed Eggplant Bolognese** is just the thing. Tender roasted eggplant halves are hollowed slightly and filled with a rich, slow-simmered Bolognese sauce. A spoonful of creamy béchamel goes over the top, followed by plenty of shredded mozzarella. Once it's baked until bubbly and golden, you get a rustic Italian dish that's hearty, satisfying, and full of bold flavor. It's a simple way to turn everyday ingredients into something special—perfect for Sunday dinner, family gatherings, or whenever you're in the mood for a warm, homemade meal.

Things to know about this baked stuffed eggplant Bolognese recipe

Choose the right eggplant: Look for firm, glossy eggplants with minimal bruising. The larger the eggplant, the more room you'll have for stuffing—but make sure it's not overly seedy inside. After roasting, scoop out just enough flesh to create a space for the filling while still keeping the structure intact. You can chop up the scooped-out flesh and stir it into the Bolognese if you like—no waste here!

Make-ahead friendly: This is a great recipe to prep in stages. You can roast the eggplant, cook the Bolognese, and even make the béchamel a day ahead. When you're ready to serve, just assemble, bake, and dinner's done. Leftovers reheat beautifully, too.

Use what you have: This recipe is flexible. If you don't have ground pork, all beef works fine. No red wine? Skip it or splash in a little broth. You could also make it vegetarian by swapping in a hearty lentil ragu or mushroom sauce—still delicious, still cozy.

Don't skimp on the béchamel: The creamy béchamel brings the whole dish together, adding richness and balance to the savory meat sauce. I like to sprinkle in a little Parmesan to give it an extra layer of flavor, but it's totally optional.

Serving ideas: Serve these eggplant boats with a crisp salad or warm garlic bread to round out the meal. They're hearty enough to be the star of the show, but they also work well as a side if you're doing a bigger Italian spread.

This baked stuffed Eggplant Bolognese, is everything I love in a comforting Italian-inspired dish—rich, cheesy, satisfying, and layered with flavor. It's the kind of meal that brings everyone to the table and gets them asking for seconds. Whether you're making it for Sunday dinner or a cozy weeknight

treat, it's a dish that never disappoints.

If you love cooking with eggplant as much as I do, be sure to check out some of my other favorite eggplant recipes! From Pan-fried eggplant cutlets(Milanese Style) to classic Italian **Eggplant Parmesan**, there's plenty of inspiration waiting for you. ENJOY!!!

Ingredients

For the Eggplant:

- 2 large eggplants, halved lengthwise
- 2 Tbsp. Olive oil
- 2 Teaspoon Paprika
- Salt & pepper

For the Bolognese (about 2 cups):

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, minced
- 1/2 lb. ground beef
- 1/2 lb. ground pork (or all beef)
- 2 Tbsp tomato paste
- 2 cups. crushed tomatoes

- $\frac{1}{2}$ cup red wine (optional)
- Salt & pepper, to taste
- 1 tsp dried oregano or Italian seasoning
- Fresh basil (optional)

For the Béchamel:

- 2 tbsp butter
- 2 tbsp all-purpose flour
- $1\frac{1}{2}$ cups milk, warmed
- Pinch of nutmeg
- Salt & pepper, to taste
- 2 tbsp grated Parmesan (optional)

Topping:

- 1 cup shredded mozzarella
- $\frac{1}{2}$ cup grated Parmesan

Instructions

1. Roast the Eggplant:

1. Preheat oven to 400°F (200°C).
2. Score the eggplant flesh in a crisscross pattern. Drizzle with olive oil, season with paprika, salt and pepper.

3. Place on a baking sheet. Roast for 25–30 minutes, until tender.
4. Once cooled slightly, scoop out some of the flesh to create a “boat,” leaving about $\frac{1}{2}$ inch of eggplant.

2. Make the Bolognese:

1. In a large skillet, heat olive oil over medium heat. Add onion, carrot, celery, and cook until soft (6–8 minutes).
2. Add garlic, then the ground meats. Cook until browned.
3. Stir in tomato paste; cook 1–2 minutes. Deglaze with wine (if using).
4. Add crushed tomatoes, seasoning, and let simmer for 25–30 minutes, stirring occasionally. Adjust seasoning.

3. Make the Béchamel:

1. Melt butter in a saucepan. Stir in flour to form a roux; cook 1–2 minutes.
2. Gradually whisk in warm milk until smooth.
3. Simmer gently until thickened, 4–5 minutes. Season with salt, pepper, nutmeg, and Parmesan.

4. Assemble & Bake:

1. Lower oven to 375°F (190°C).
2. Place roasted eggplant halves in a baking dish.
3. Fill each with warm Bolognese sauce.
4. Spoon béchamel generously over the top.

5. Sprinkle mozzarella and extra Parmesan over each.
 6. Bake for 20–25 minutes, until bubbly and golden.
 7. Optional: Broil for 2–3 minutes at the end for extra browning
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Stovetop Sausage, Potatoes, Peppers & Cheese

stovetop sausage potatoes peppers & cheese

If there's one kind of dinner I never get tired of, it's the kind that all comes together in one pan—no fuss, no oven, just hearty, delicious flavors on the stovetop. This **Stovetop Sausage, Potatoes, Peppers & Cheese** is exactly that kind of meal. It's easy, filling, and packed with flavor from start to finish.

We start with a simple base of golden sautéed onions and garlic, then layer in thin-sliced potatoes and colorful bell peppers. A splash of white wine adds depth and brightness, while the sausage brings all that savory goodness you'd expect. And just when everything's perfectly tender and browned, we finish it off with a blanket of melty cheese. It's comfort food without being heavy, and every bite tastes like you spent hours on it (spoiler: you didn't).

This is a great weeknight go-to, but it's also one of those

dishes that feels special enough to serve to friends with a glass of wine and a loaf of crusty bread. I love how customizable it is, too—you can go spicy, swap in different cheeses, or add fresh herbs from the garden. However you spin it, this skillet supper is a keeper.

Things to know about this This Stovetop Sausage, Potatoes, Peppers & Cheese recipe

You said:

Cut the potatoes into small chunks: Instead of slicing, dicing the potatoes into small, evenly-sized chunks helps them cook through quickly while getting golden and crisp on the outside. Yukon golds are perfect for this—they hold their shape and have a buttery texture that works beautifully in the skillet.

Use the wine you'd drink: A dry white wine like Pinot Grigio or Sauvignon Blanc works best in this recipe, adding just the right amount of acidity to balance the richness of the sausage and cheese. Don't have wine? A splash of chicken broth works in a pinch.

Customize it your way: This recipe is very forgiving. Swap the mozzarella for provolone, cheddar, or even a little smoked gouda for something different. You can use hot Italian sausage if you want some heat, or go with chicken sausage for a lighter take. Want to sneak in more veggies? Zucchini or spinach would work well stirred in at the end.

Great for leftovers: This dish reheats well the next day—just warm it in a skillet over low heat or pop it in the microwave. It makes a satisfying lunch or even a hearty breakfast topped with a fried egg.

This stovetop sausage and potato skillet is one of those feel-

good meals you'll want to come back to again and again. Easy, flavorful, and always a crowd-pleaser!

Tried this sausage potatoes peppers and cheese recipe?

I'd love to hear how it turned out! Leave a comment below or tag me on Instagram (@lorianasheacooks) so I can see your delicious skillet dinners. And don't forget to save or share this recipe for the next time you need a quick and cozy meal! If you love easy meals one pan meals try my stovetop Italian sausage and peppers. Or Italian sausage escarole and beans

Ingredients

- 2 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 bell peppers sliced any color
- 3–4 medium Yukon gold potatoes, cut in medium dice
- 1 lb Italian sausage (sliced or crumbled)
- 1 teaspoon paprika
- Salt and black pepper, to taste
- 1/2 cup white wine
- 1 cup shredded mozzarella or cheddar cheese
- 1/3 cup chopped Italian parsley for serving

Instructions:

1. Heat olive oil in a large skillet over medium heat.

2. Sauté onion and garlic until fragrant and lightly golden, about 2–3 minutes.
 3. Add sliced potatoes and season with salt, pepper, and paprika. Cook for 8–10 minutes, flipping occasionally, until tender and browned.
 4. Stir in the bell peppers and cook for 3–4 minutes, just until softened.
 5. Add the sausage to the pan and cook until browned and fully cooked through, about 5–7 minutes.
 6. Deglaze the pan with white wine, scraping up any browned bits, and let it simmer for 2–3 minutes.
 7. Sprinkle with shredded cheese, cover the pan, and cook until the cheese is melted.
 8. Finish with chopped parsley . ENJOY!!!!
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