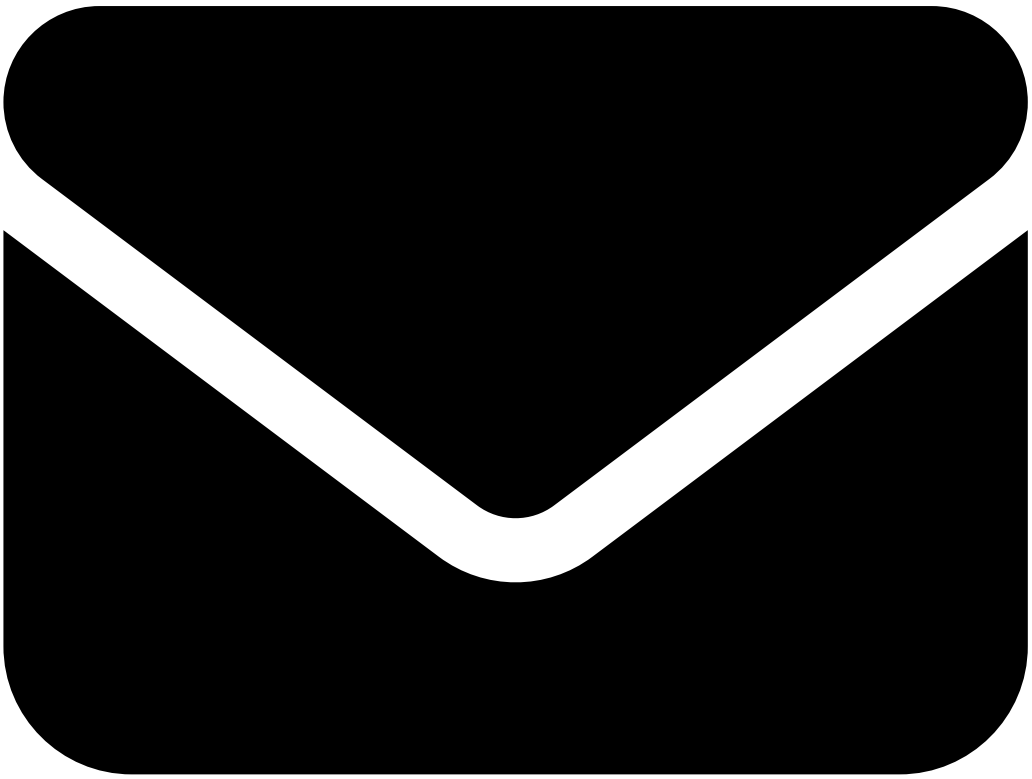
Italian Braciole in Tomato Sauce

Italian Braciole in Tomato Sauce

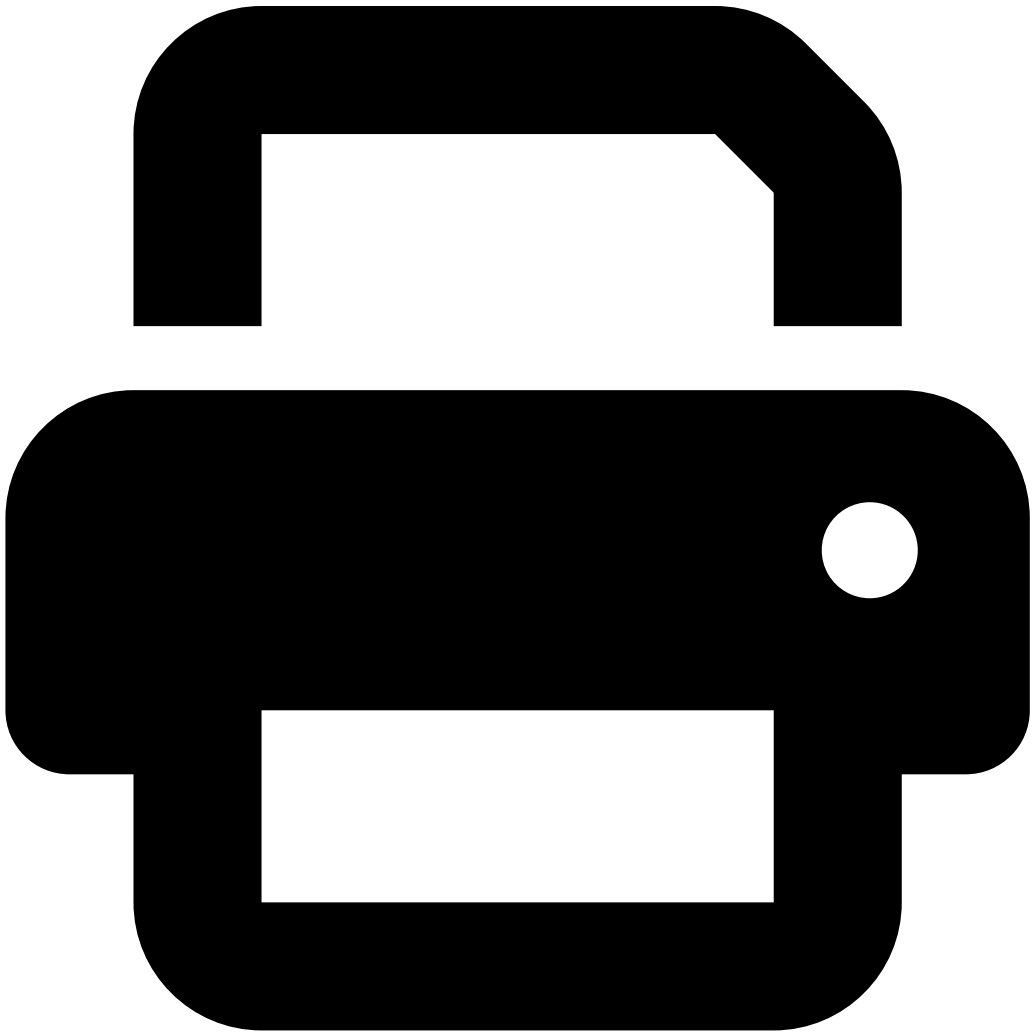
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SMS



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



Italian Braciole in Tomato Sauce is a classic Italian Sunday dinner made with thin slices of beef rolled around a savory filling of garlic, parsley, cheese, and breadcrumbs, then slowly simmered in a rich tomato sauce until tender. This traditional Italian-American recipe is a comforting dish that brings family and generations together around the table. Serve it with pasta, crusty bread, or alongside your favorite Sunday sauce for an unforgettable meal.

For the Braciole:

- 4-6 thin slices beef top round (about 6–8 ounces each, pounded to ¼-inch thickness)
- 1/2 cup grated Parmesan or Pecorino Romano
- ½ cup breadcrumbs (preferably Italian seasoned)
- 2 garlic cloves (finely minced)
- 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)
- 1/2 cup chopped parsley
- 1 can (28 ounces crushed tomatoes)
- 1 can 14 ounces tomato sauce
- ½ cup red wine
- 1 teaspoon dried oregano (or 2 teaspoons fresh)
- ½ 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 braciole** – 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 braciole 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 braciole into rounds, and serve topped with sauce. Garnish with fresh basil and more grated cheese.

7. ## More Serving Suggestions for Braciole

   Over Pasta – Toss the rich tomato sauce with spaghetti, rigatoni, or ziti, then serve the sliced braciole 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.

Main Course
Italian
Italian Braciole in Tomato Sauce

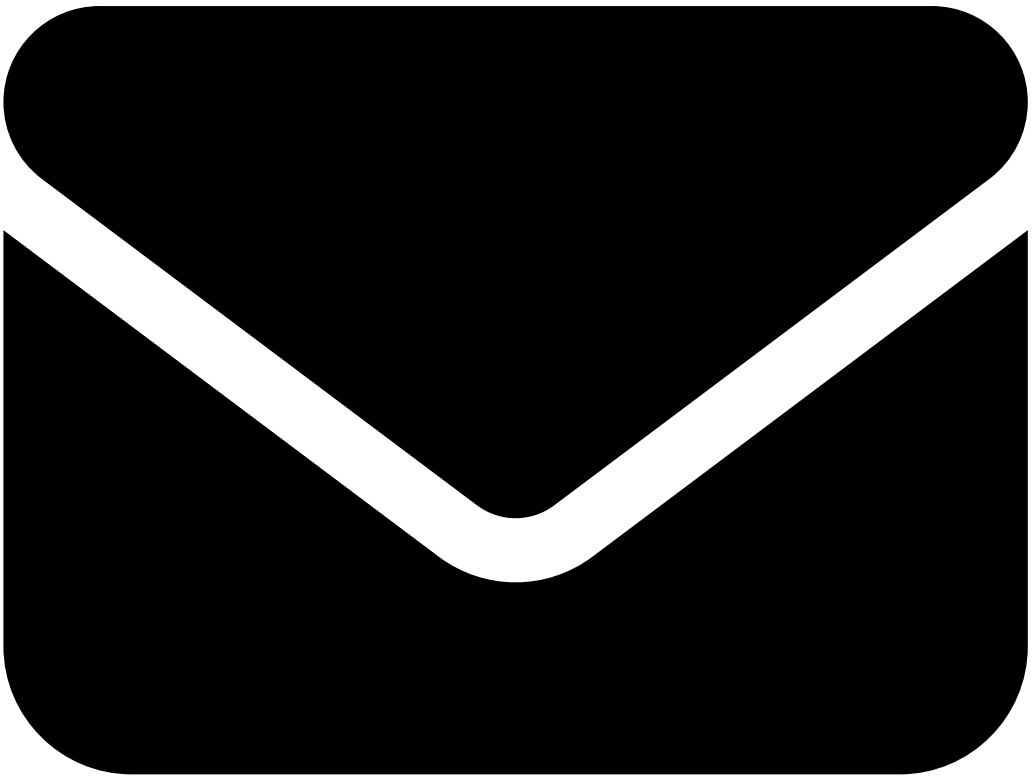
Pork Medallions Marsala with

Mushrooms

Pork Medallions Marsala with Mushrooms

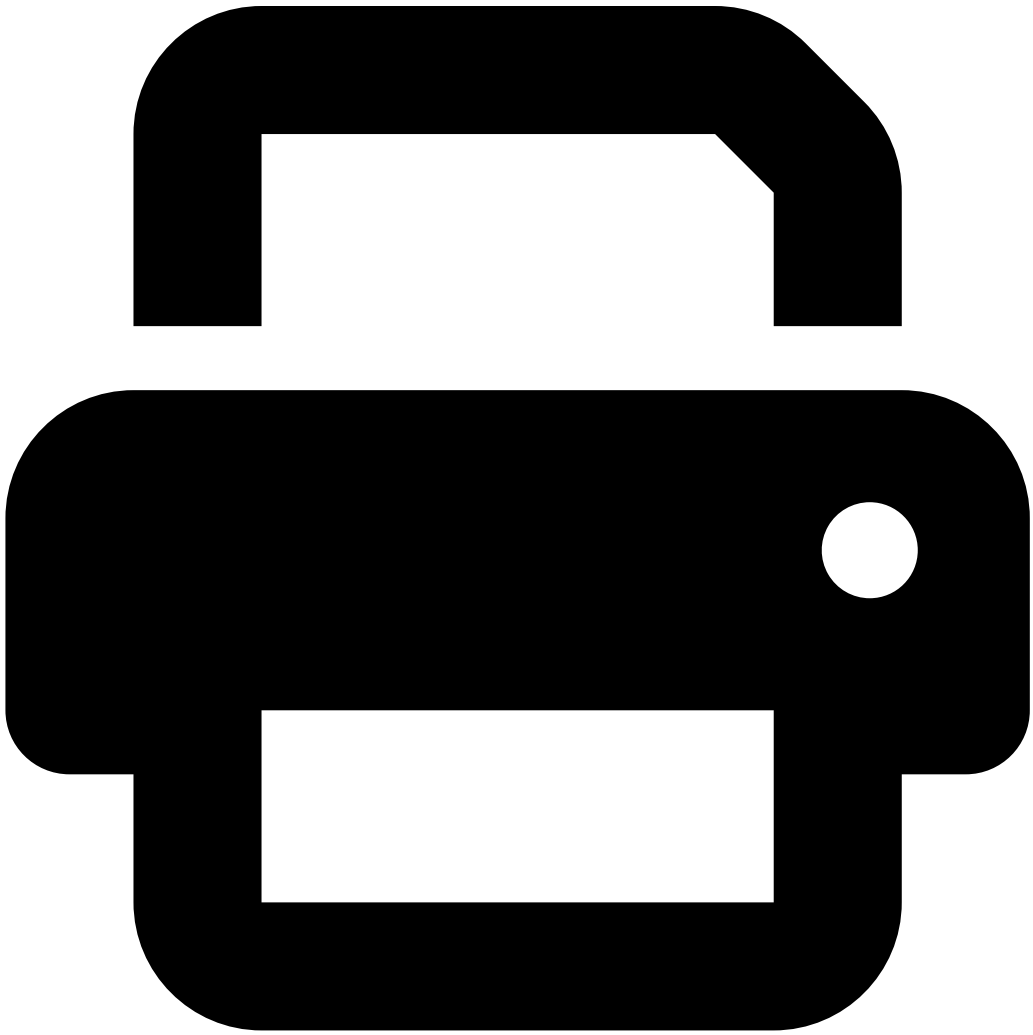
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When the weather turns crisp, I crave meals that feel rustic yet refined. Pork Medallions Marsala is one of those dishes that instantly brings me back to my restaurant days. It was a customer favorite on our fall menu — tender rounds of pork seared 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



Tender pork medallions seared until golden and finished in a rich Marsala mushroom sauce with garlic, herbs, and savory pan juices. An elegant Italian-inspired dinner that comes together quickly and is perfect for a restaurant-quality meal at home.

- 2 pork tenderloins (about 1 ½ lbs total, trimmed and cut into 1-inch medallions)
- Salt and freshly ground black pepper
- ½ 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)
- ½ 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

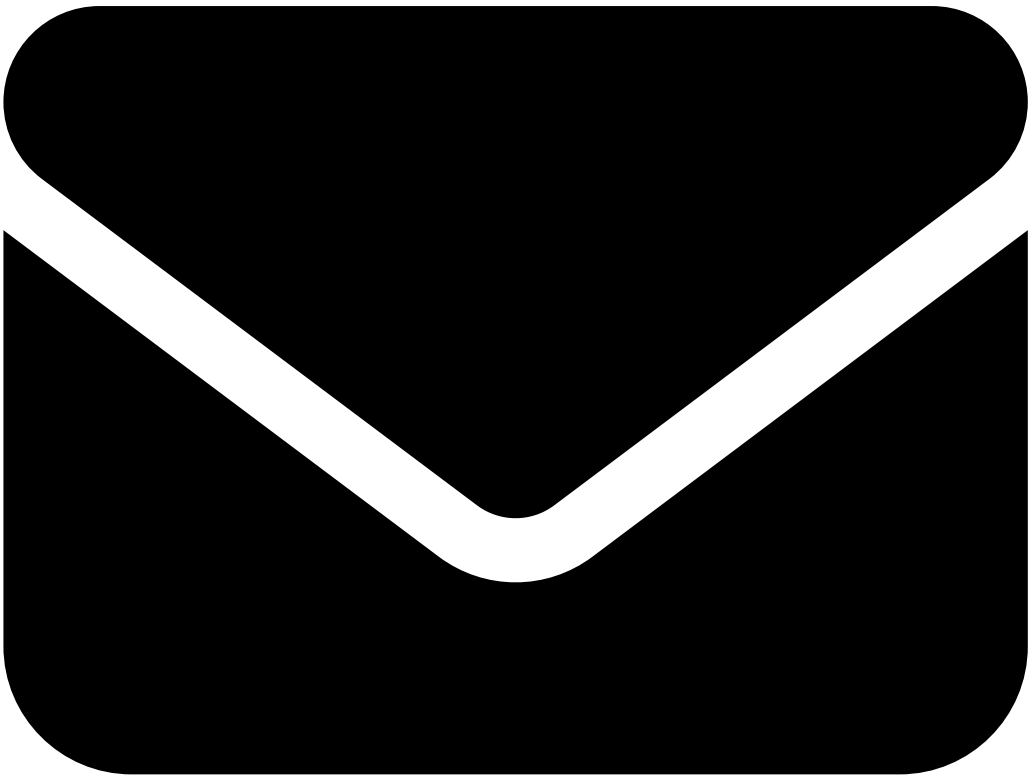
Main Course
Italian

Southern Italian Meatballs with Potatoes and Peas

Southern Italian Meatballs with Potatoes and Peas

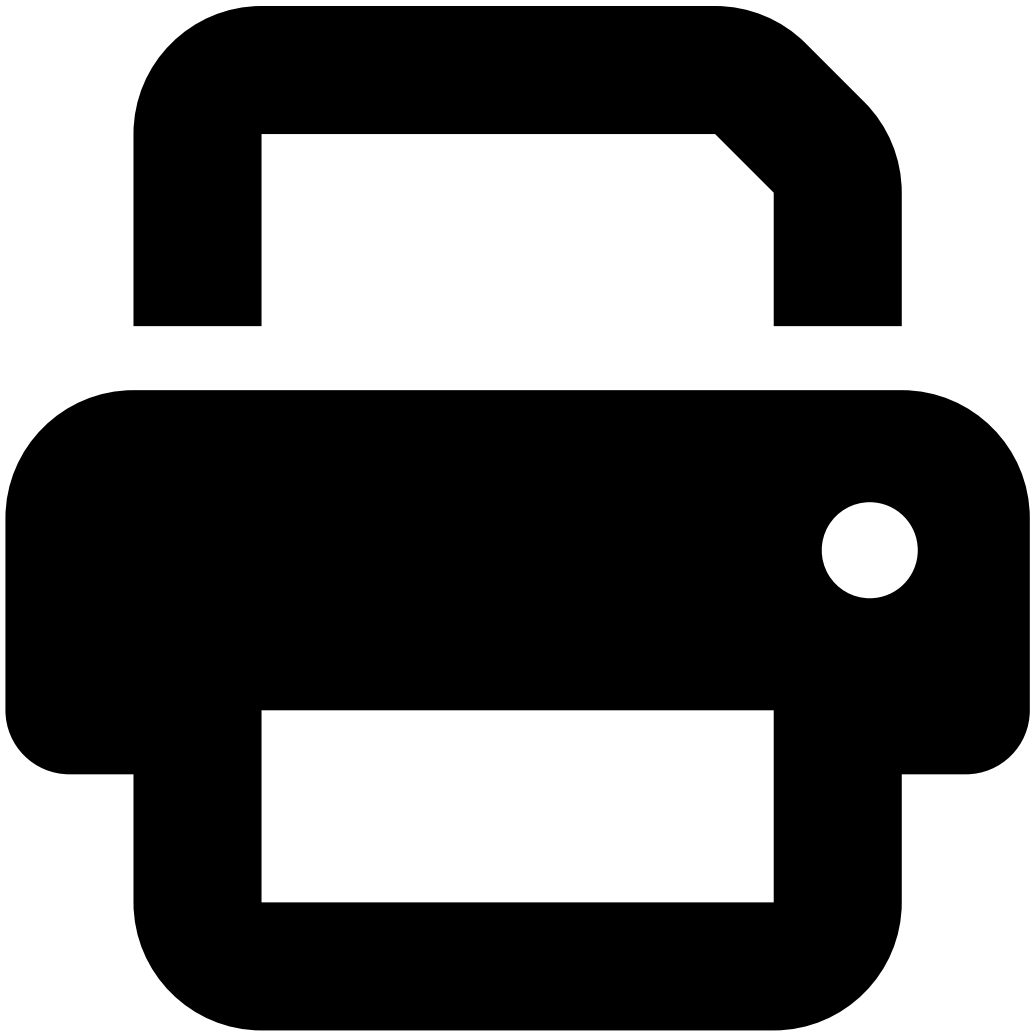
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This Southern Italian meatball dish with potatoes and peas is a rustic one-pot meal simmered in white wine and chicken broth. A cozy, comforting recipe inspired by *cucina povera*.

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



Southern Italian Potatoes, Peas & Meatballs is a comforting, rustic one-pot meal made with tender potatoes, sweet peas, and homemade Italian meatballs simmered together in a flavorful tomato sauce. This hearty family-style dish is simple, satisfying, and perfect for a Sunday dinner or any time you want a traditional Italian comfort meal.

- 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 cloves garlic finely minced (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.

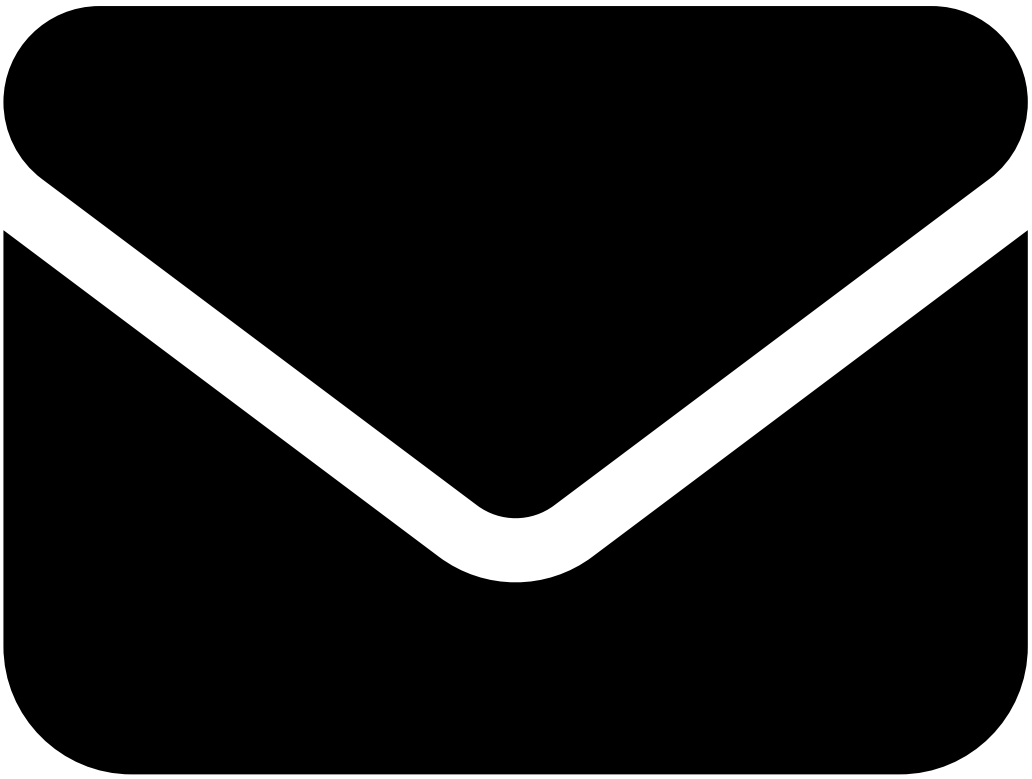
Main Course
Italian
Southern Italian potatoes peas meatballs

Easy Chicken Meatballs

Easy Chicken Meatballs

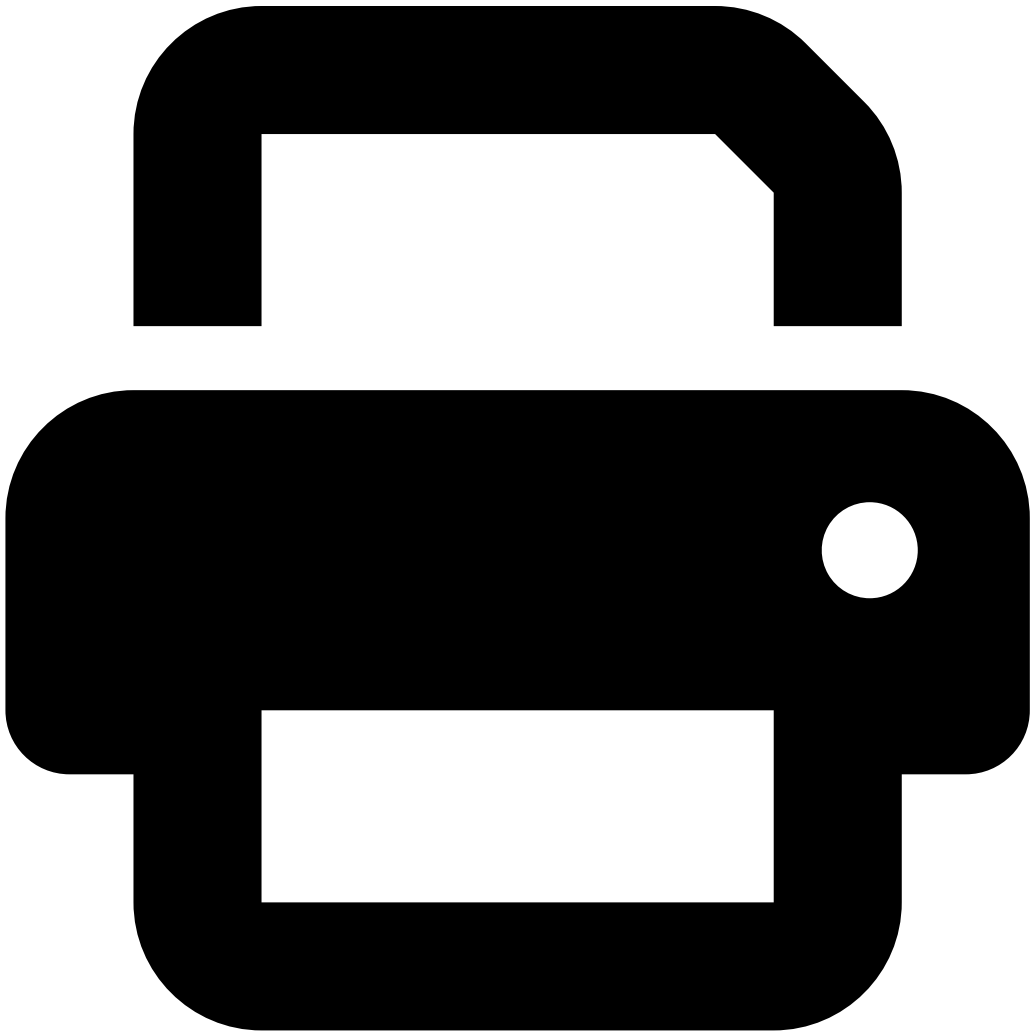
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These chicken meatballs are the very best meatballs ever, the healthier version of everyone’s favorite.
Ground chicken breast, seasoned with rich traditional Italian flavors, so good you’ll want to make them often.

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 1o 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

Easy Chicken Meatballs



- 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

1. Turn oven to 375 degrees

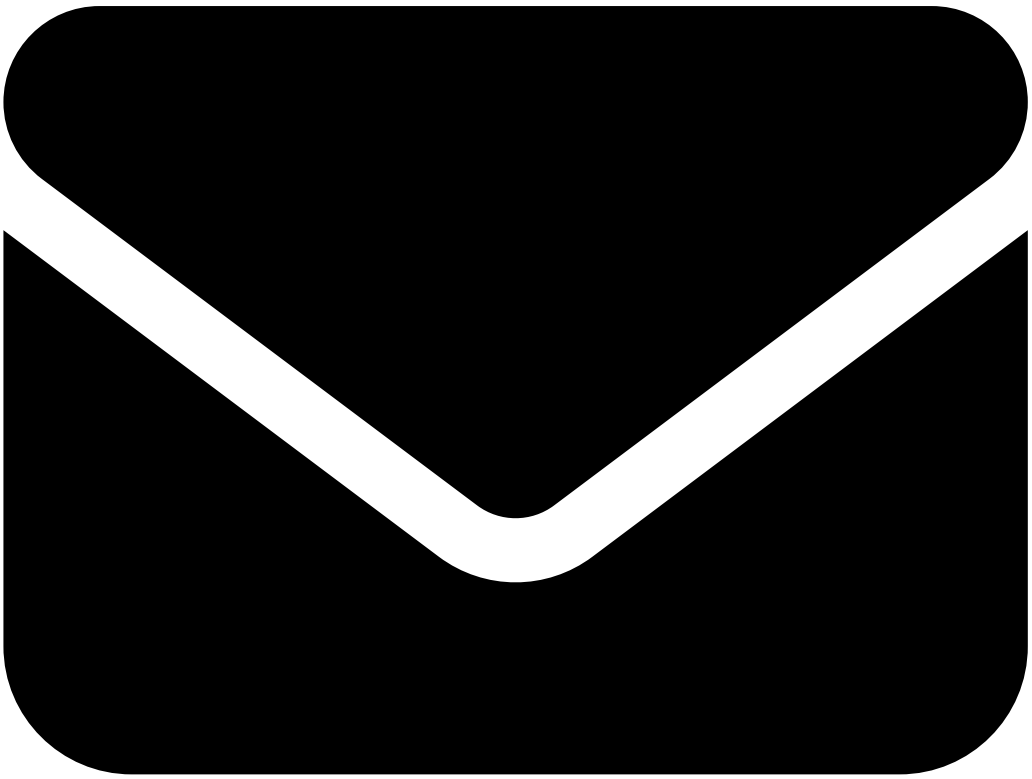
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don’t over mix
4. With damp hands roll into golf size balls
5. bake in a preheated oven 10 minutes
6. Transfer to prepared marinara
7. Simmer 20 covered 20 minutes

Baked Stuffed eggplant Bolognese

Baked Stuffed eggplant Bolognese

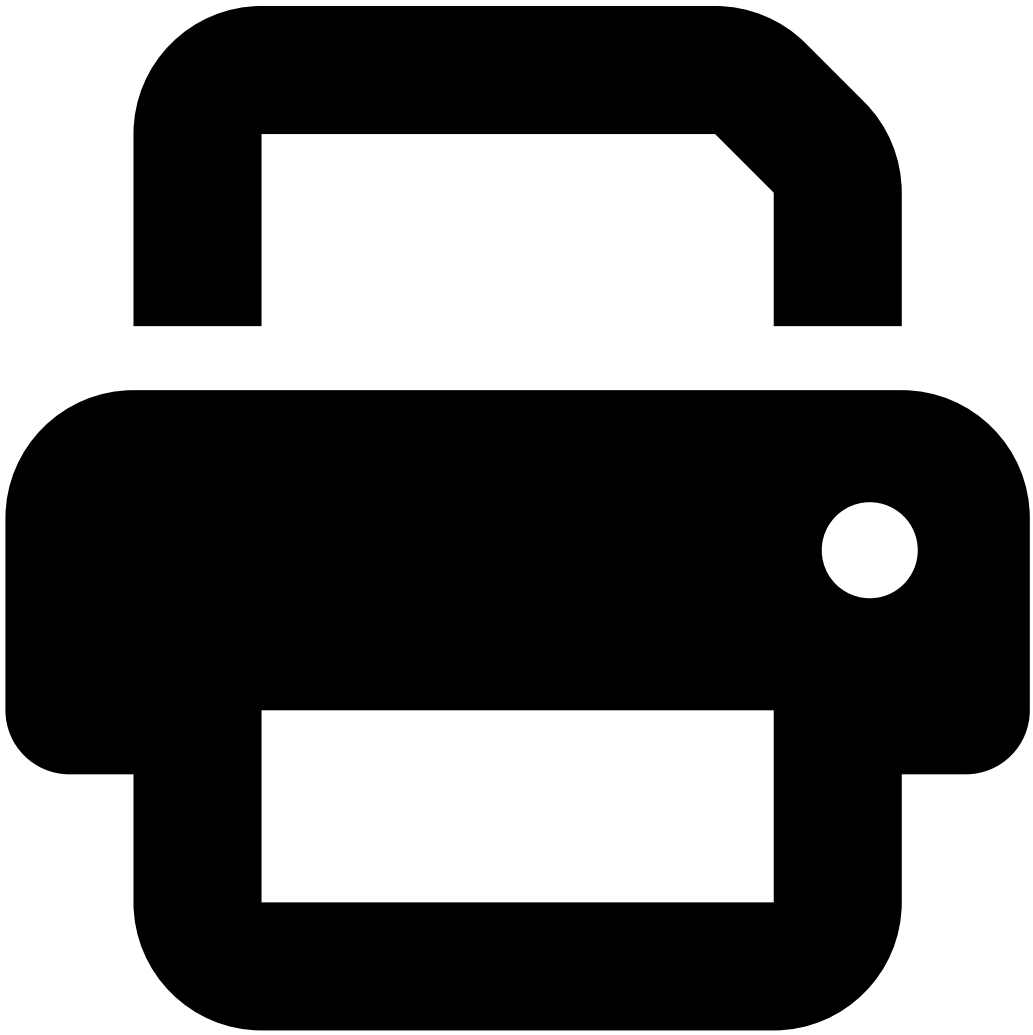
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This Baked Stuffed Eggplant Bolognese is the kind of rustic Italian dish that turns simple ingredients into something truly special. Tender eggplant halves are roasted, gently hollowed, and filled with a rich, slow-simmered Bolognese sauce. They’re topped with creamy béchamel and plenty of shredded mozzarella, then baked until bubbling and beautifully golden.

The combination of tender eggplant, savory Bolognese, creamy béchamel, and melted cheese makes every bite incredibly satisfying. It’s a wonderful dish for Sunday dinner, a family gathering, or any night when you want something comforting and homemade.

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.

Baked Stuffed eggplant Bolognese



Tender roasted eggplant halves filled with rich Bolognese sauce, creamy béchamel, and mozzarella, then baked until bubbly and golden.

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
- ½ 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
- 1½ cups milk (warmed)
- Pinch of nutmeg
- Salt & pepper (to taste)
- 2 tbsp grated Parmesan (optional)

Topping:

- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan

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 ½ inch of eggplant.

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.

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.

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

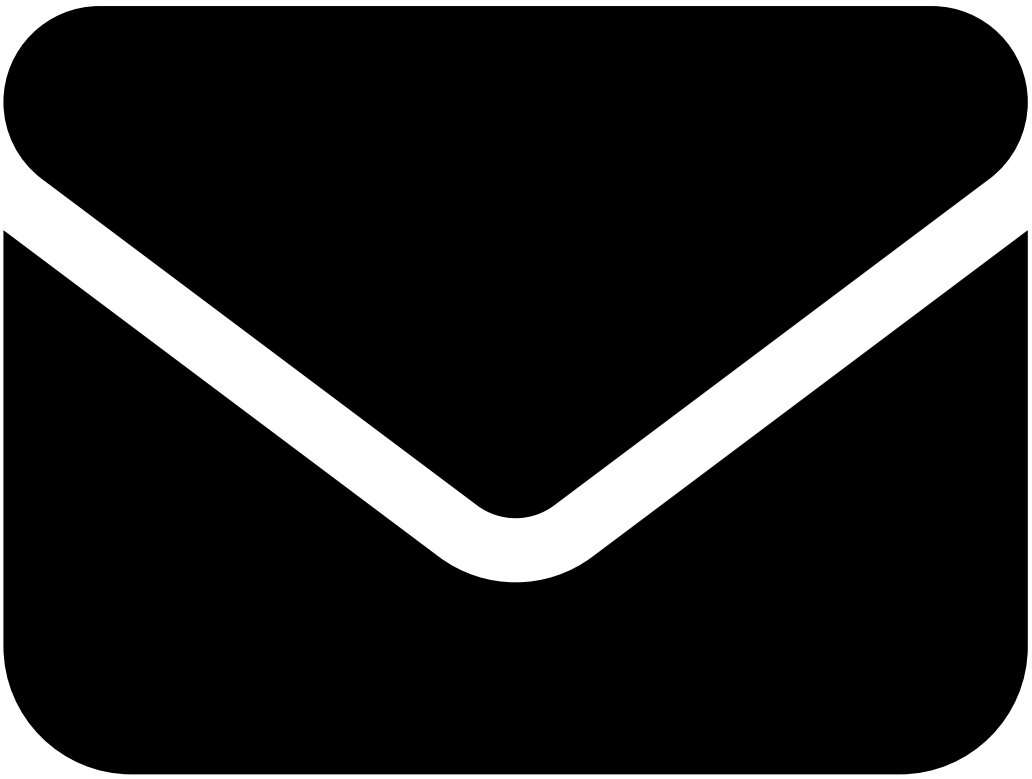
Main Course
Italian

Stovetop Sausage, Potatoes, Peppers & Cheese

Stovetop Sausage Potatoes Peppers & Cheese

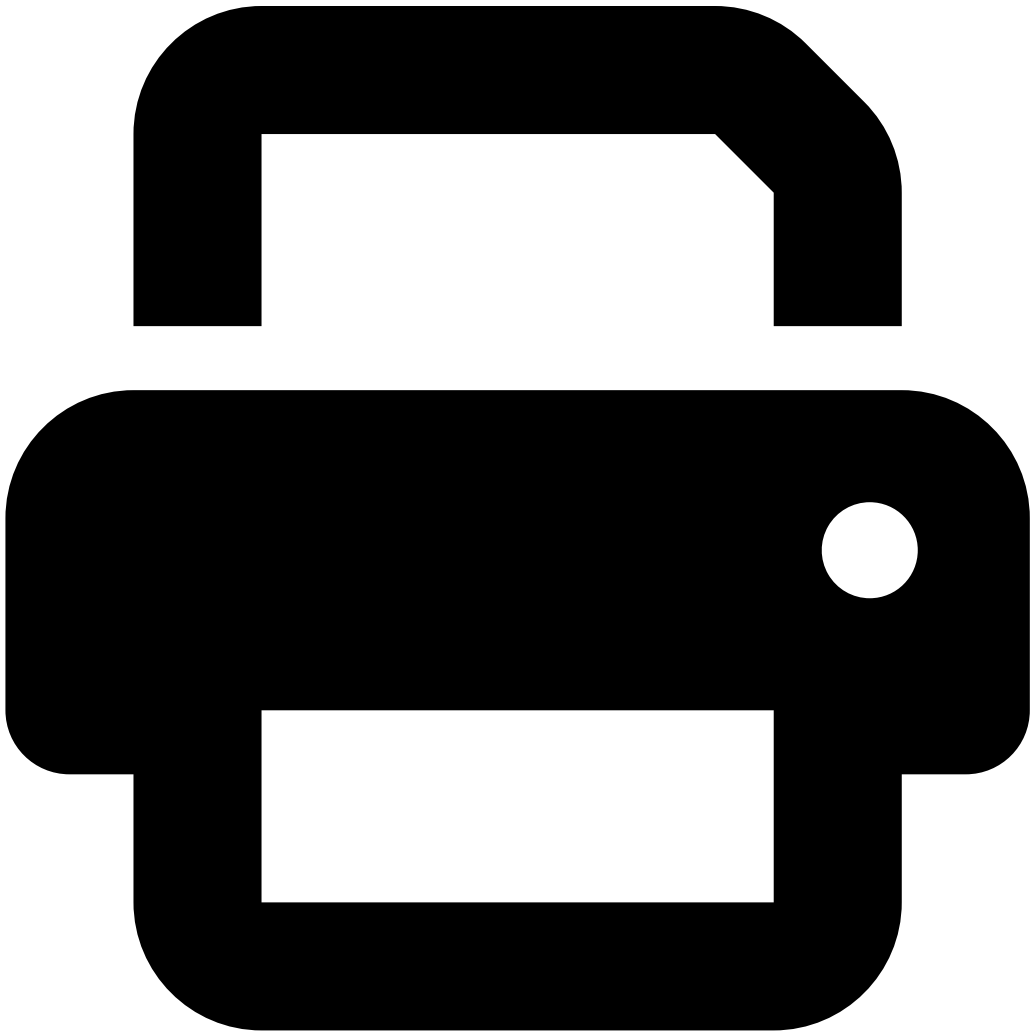
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SMS



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

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

Stovetop Sausage Potatoes Peppers & Cheese



A hearty Italian-inspired skillet made with savory sausage, tender potatoes, sweet peppers, and melted cheese. An easy one-pan meal packed with comforting flavor.

- 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

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.

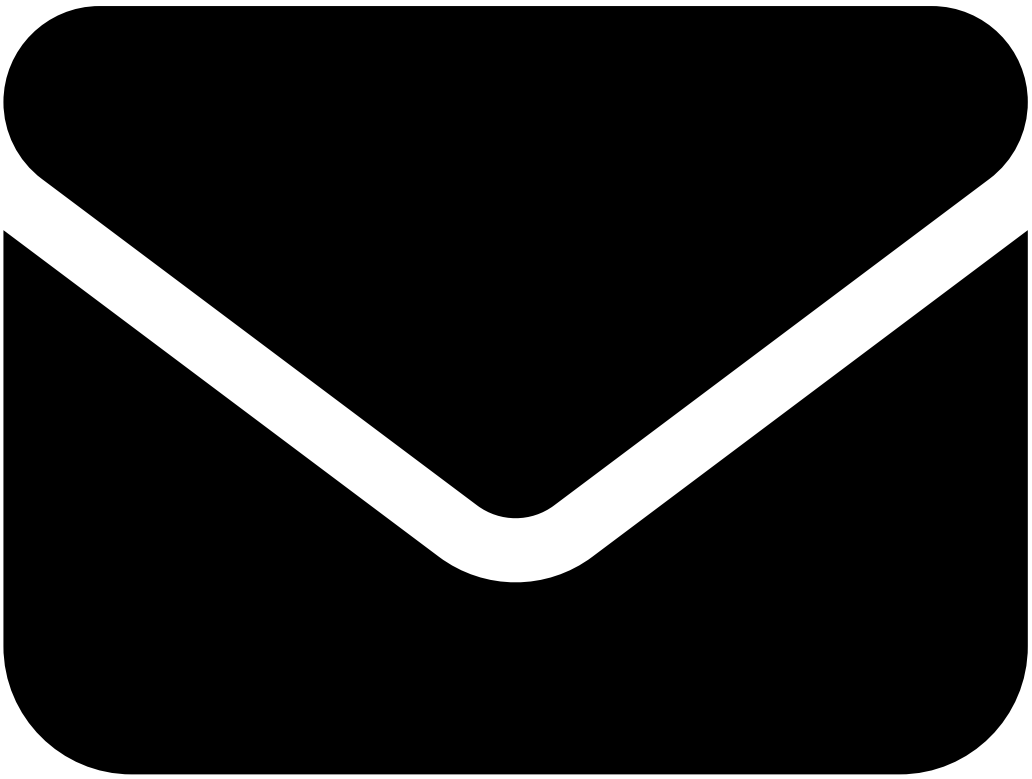
Main Course
Italian
Sausage potatoes peppers, sausage and potatoes skillet,

Grilled boneless leg of lamb

Grilled Boneless Leg of Lamb

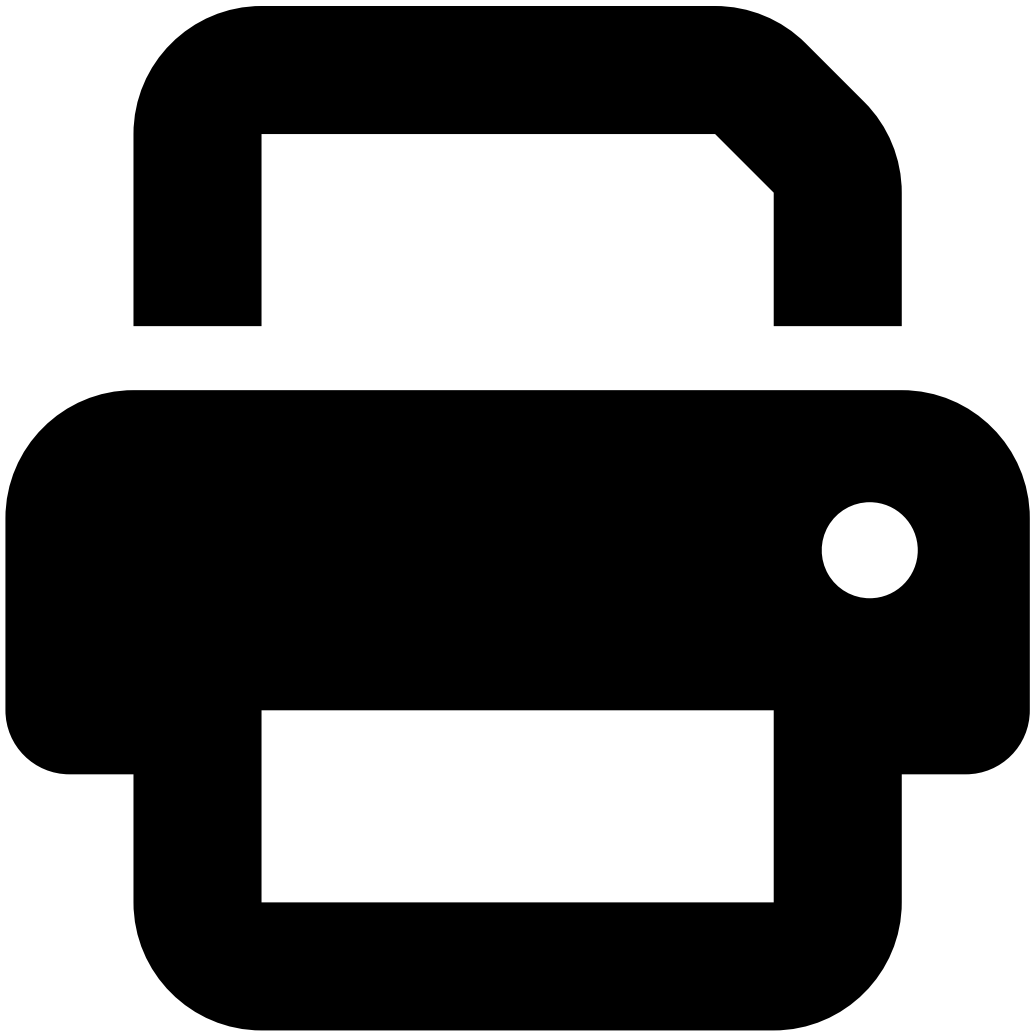
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SMS



Grilled leg of lamb always feels like a celebration meal to me, especially when it’s seasoned with garlic , rosemary, parsley and butter. I make little slits all over the boneless lamb leg and fill them with the garlic and herb butter. Then I spread the same butter all over the lamb, then I let the lamb marinate overnight, before grilling. Grilling is the secret that brings out the lambs natural sweetness while taming it’s unique flavor.

This recipe tells you how to prep, season and grill the lamb to tender perfection. Giving you that beautiful pink medium rare center and a flavorful crisp crust that will impress your guest and have them talking about what a great chef you are.

It’s a simple recipe that comes together quickly, feels special and perfect for spring.

This to know about this Grilled boneless leg of lamb recipe

A boneless leg of lamb is a cut of meat from the top of the animals rear leg. It’s one of the richest and most flavorful cuts of lamb, but it requires a low and slow cooking process to become tender. A boneless leg of lamb allows for more flexibility in cooking methods, such as grilling and roasting. It also makes it easier to carve and serve the meat. A boneless leg of lamb roast, around 3-5 pounds , is also smaller than a bone -in leg of lamb. However, this recipe works for both bone-in or boneless, so if you go with the bone-in option make sure to extend the cooking time. Lamb, when cooked correctly to an internal temperature of 135 degrees is a gamechanger. Your family and friends will be converted to lamb lovers after you make this grilled boneless leg of lamb recipe for them.

This grilled lamb recipe pairs deliciously with my Parmesan asparagus with blistered tomatoes or my Italian -style sauteed swiss chard

Grilled Boneless Leg of Lamb



Grilled Boneless Leg of Lamb is tender, juicy, and full of Mediterranean-inspired flavor. Marinated with garlic, fresh herbs, lemon, and olive oil, then grilled until beautifully charred on the outside and perfectly cooked inside.

- 3-4 Lb. boneless leg of lamb, tied
- 4 gloves minced garlic
- 2 Tbsp. fresh rosemary finely chopped
- 2 Tbsp. fresh Italian parsley chopped
- 1/2 stick of softened butter
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper to taste

1. In a small bowl , mix together the softened butter, olive oil minced garlic, chopped rosemary , parsley, salt and pepper to taste

2. pat the lamb dry with paper towels, Using a small paring knife make slits all over the surface of the lamb. If the lamb is netted make the slits in the openings of the netting.
3. Fill the slits with the garlic butter, use your fingers to press some of the mixture deep into each slit. Rub the remaining mixture generously all over the outside of the lamb leg to fully coat it. Wrap in foil or plastic wrap and marinate for at least 1 hour or overnight.
4. Bring the lamb to room temperature before grilling for more consistent cooking
5. Preheat your gas grill to high heat. Place the lamb on the grill fat side down, and sear 3-4 minutes per side to develop a flavorful crust.
6. Move the lamb to the cooler indirect side of the grill or lower the heat to medium low.
7. Continue cooking turning occasionally, until the internal temperature reaches your desired doneness , usually 125- 130 for medium rare 12-15 minutes per pound for rare 18- 20 minutes for medium well done.
8. It’s important to let the lamb rest for at least minutes before slicing to allow the juices to redistribute.

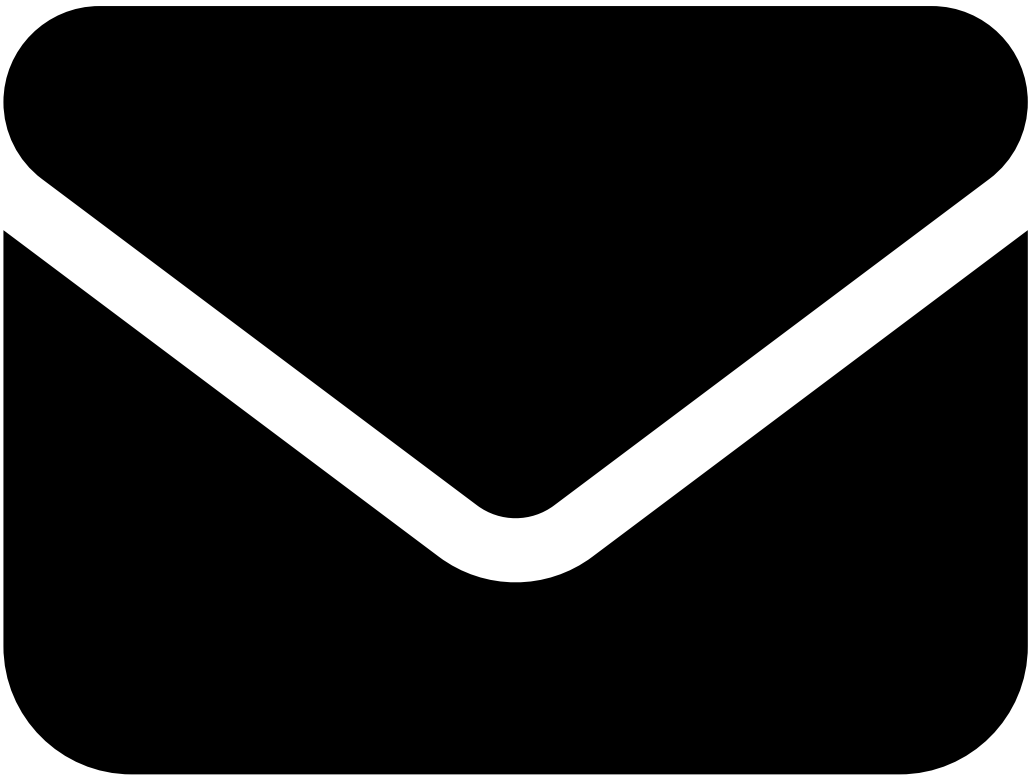
Main Course
Italian
grilled boneless leg of lamb

Roasted Italian boneless leg of Lamb roast

Roasted Italian Boneless Leg of Lamb Roast

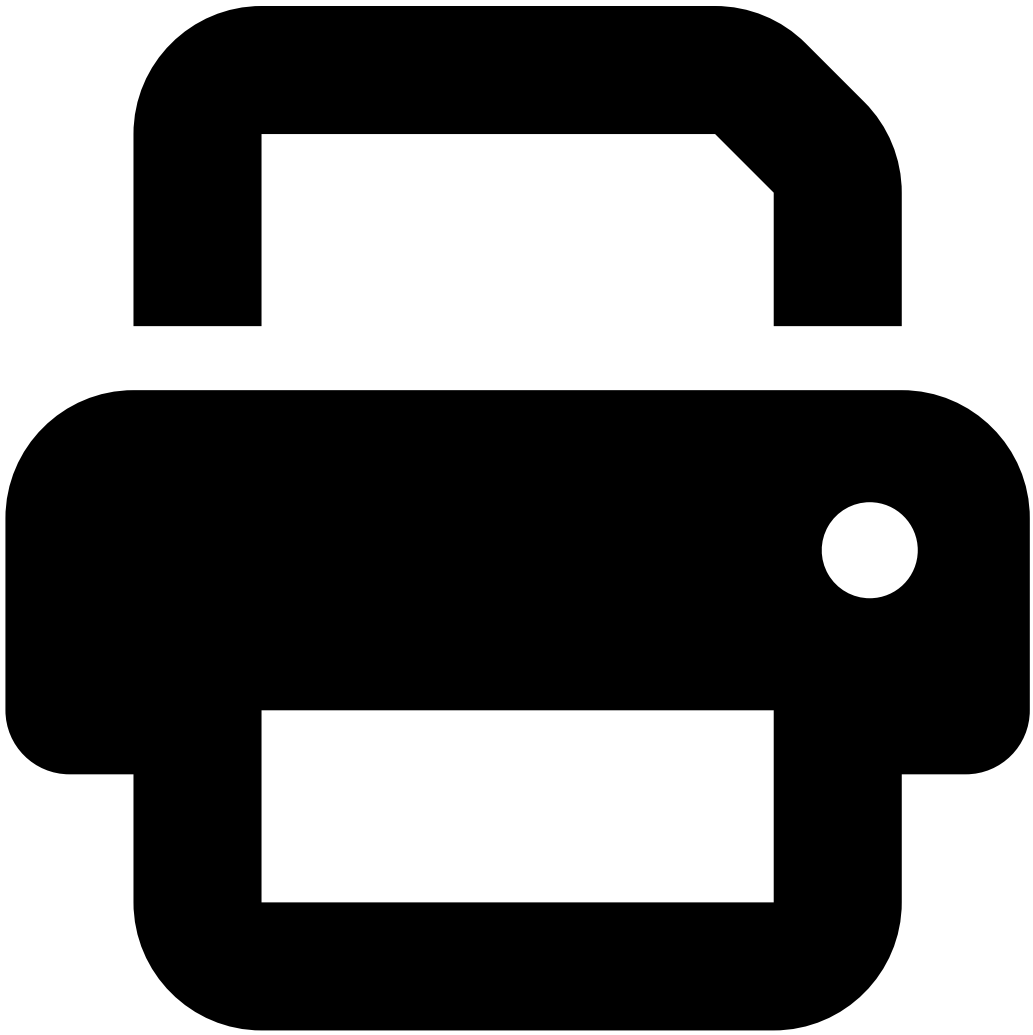
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SMS



This flavorful Italian boneless leg of lamb roast is an impressive centerpiece that’s surprisingly easy to prepare. Seasoned with a simple blend of fresh herbs, spices, and butter, the lamb roasts until beautifully browned on the outside and tender and juicy inside. It’s the kind of restaurant-worthy main course that looks beautiful on the platter without requiring complicated techniques.

Don’t be intimidated by cooking lamb. If you’ve never made a leg of lamb before, this beginner-friendly recipe walks you through the process step by step, making it easy to achieve delicious results. Serve it for Easter, a Sunday roast, or your next family gathering—it’s hearty, flavorful, and perfect for feeding a crowd.

Things to know about this Italian boneless leg of lamb roast

When it comes to an Italian -style boneless leg of lamb roast, its’s all about simplicity, quality ingredients and letting the flavor of the lamb be the star. This boneless cut of lamb is ideal for home cooks new to making lamb, it cooks evenly, carves easily and with the added potatoes and carrots it’s a complete meal !!

If your boneless leg of lamb comes netted or tied, you can roast it as is. The netting helps it hold it’s shape, and cook more evenly. If you prefer to season the inside of the meat, remove the netting rub the garlic herb mixture all over and re-tie it with butchers twine. I didn’t tie mine up this time and it still came out beautifully, but next time I would – just to keep everything a bit neater and hold the shape better while it roast.

If your looking to add more lamb recipes to your recipe book, try my rosemary garlic seared lambchops – it’s just as approachable and delicious.

Tried this recipe? I would love to know how it turned out- leave a comment , tag me on Instagram or share it with someone who would like this Italian boneless leg of lamb roast recipe.

Roasted Italian Boneless Leg of Lamb Roast



This Italian Boneless Leg of Lamb Roast is seasoned with garlic, rosemary, olive oil, and classic Italian herbs, then roasted until beautifully browned on the outside and tender and juicy inside. It’s an elegant yet simple Italian-inspired roast perfect for Sunday dinner, Easter, or a special family meal

- 1 4-5 lbs. boneless leg of lamb
- 4 gloves minced garlic
- 2 Tbsp. finely minced rosemary
- 2 Tbsp. chopped Fresh Italian parsley
- 1/2 stick room temperature butter
- 2 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- 2 Lbs. halved baby potatoes
- 4 peeled carrots cut into chunks
- 1 onion quartered
- 1/2 cup white wine or chicken stock
- salt and pepper to taste

1. Preheat your oven to 425 degrees. Bring the lamb to room temperature
2. In a small bowl mix the softened butter, minced garlic, rosemary, parsley, and mustard
3. Pat the lamb dry with paper towels. Make small slits all over the meat , using a paring knife.
4. Rub half the garlic butter all over the exterior of the lamb, work the remaining butter mixture into the slits

using your fingers.

5. Toss the potatoes, carrots and onions with the 2 Tbsp. of olive oil in a large roasting pan. salt and pepper to taste.
6. Place the lamb on top of the vegetables. Roast at 425 degrees for 15 minutes to get a good sear on the meat then lower the heat to 325 and continue roasting. Roast for about 15-20 minutes per pound for medium -rare (125 F -130 F internal temperature) or longer if you prefer it more done. A 4.5 Lb. roast typically takes about 1hour 15 minutes to 1 hour and 30 minutes.
7. Let lamb roast rest 10-15 minutes before slicing
8. Plate the lamb surround it with the roasted vegetables, pour the pan juices over the top.

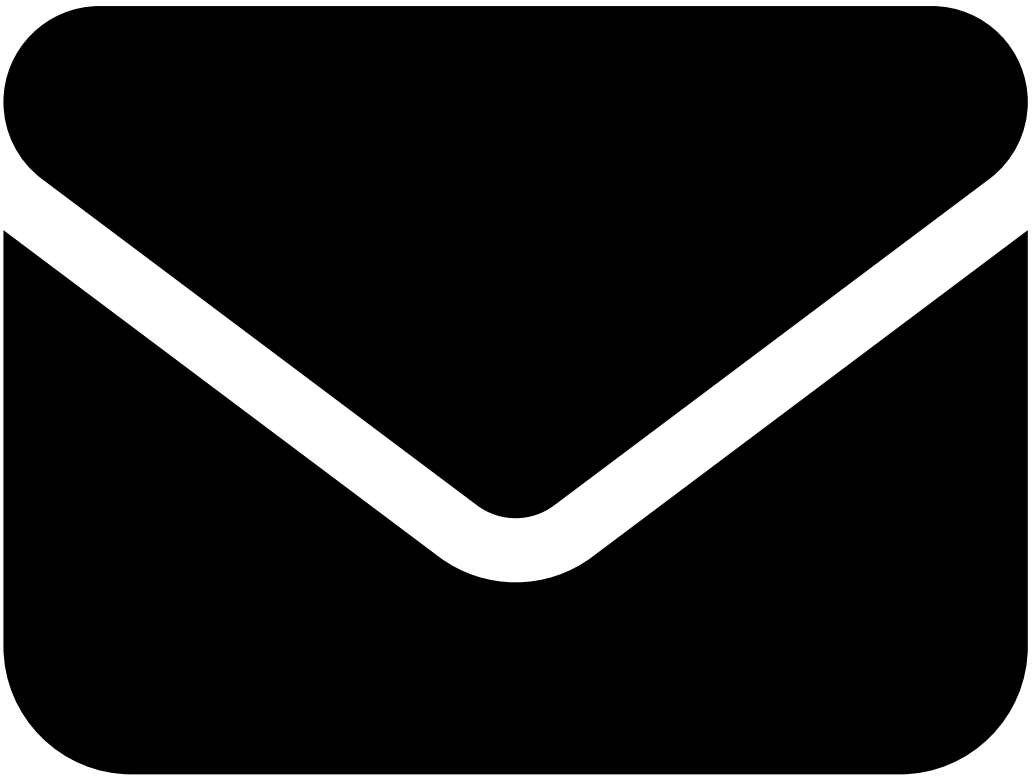
Main Course
Italian
roasted, Italian boneless leg of lamb,

Meat stuffed Eggplant Rollatini

Meat Stuffed Eggplant Rollatini

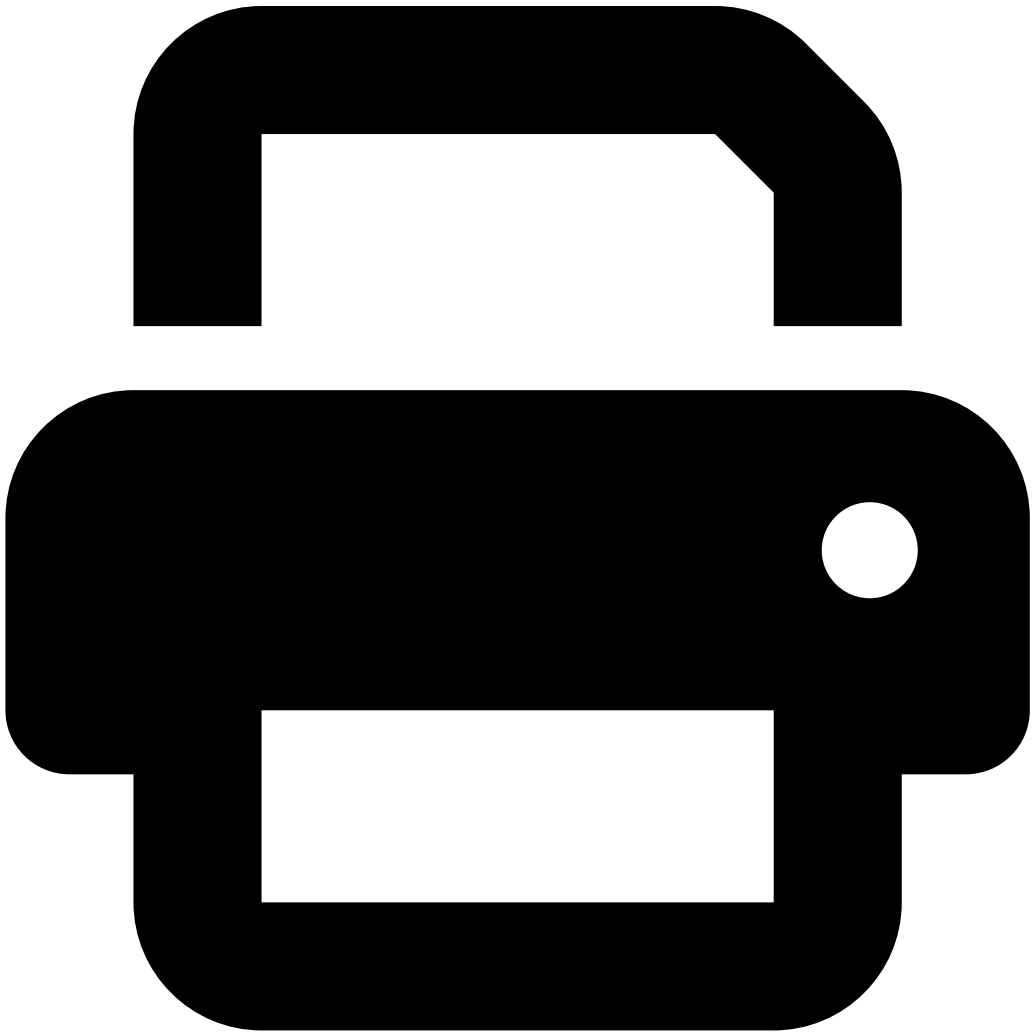
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Meat stuffed eggplant rollatini or Involtini di Melanzane are delicious. They are made with thinly sliced eggplant that is pre- baked before being filled with an easy meatball mixture. Then they are rolled up laid on a bed of my easy marinara sauce and baked. If you don’t like eggplant , I have to tell you my Husband, Joe does not like eggplant either. Yet , he ate a plate -full of eggplant rollatini. With delicious layers of baked eggplant and savory ground beef in a a garlicky tomato sauce- this Italian baked eggplant dish tastes like a restaurant quality meal.

This recipe is a little different than the traditional Italian method. Instead of coating the eggplant with flour and pan-frying before rolling then up and baking, the eggplant slices are baked rater then fried without any flour. The results are delicious and may surprise some used to the traditional way.

Things to know about this meat stuffed eggplant rollatini recipe

The number one question about this meat stuffed eggplant rollatini recipe is : To peel or not to peel the eggplant? That is a personal preference, but if the eggplants are large the skin is usually tougher than the the skin of smaller eggplants and should be peeled. If you prefer you can zebra peel them like I did in this recipe.

To make this recipe more manage the prep can be done in steps or even a day ahead of time. You can make my easy marinara sauce and the filling mixture the day before and keep covered in the fridge until your ready to assemble the eggplant rolls. The eggplant can even be baked ahead of time. With a prep plan in place this meat stuffed eggplant rollatini recipe can be on your table in not time.

Meat Stuffed Eggplant Rollatini



Tender slices of eggplant are roasted or lightly fried, then filled with a savory Italian meat and cheese filling, rolled, and baked in tomato sauce until bubbling and golden. This comforting Italian-inspired dish is hearty enough for a main course and makes a beautiful family-style dinner.

- 2 medium eggplants peeled and sliced thin vertically

- 1 Lb. lean ground beef
- 1 cup bread crumbs
- 1/2 cup grated parmesan cheese
- 1 egg
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste
- 4 cups my easy marinara sauce

1. Preheat your oven to 375 degrees

2. Prepare The eggplant: Start by peeling the eggplant, then slice thin on the long side. Sprinkle with salt and let sit in a colander weighted down to extract the bitter liquid. Pat dry drizzle with olive oil and bake on a baking sheet for 10-15 minutes or until soft .
3. Prepare the filling: in a bowl mix the ground beef, breadcrumbs, parmesan, egg and the parsley salt and pepper to taste and mix until well combined.
4. Assemble the Eggplant rollatini: Place a tablespoon of the filling in the center of each eggplant slice. Roll them up jelly roll style. Line an oven proof casserole dish with 2 cups of my easy marinara, stand the eggplant rolls in the casserole dish, then top with the remaining marinara. Top with grated parmesan and bake for 30-35 minutes or until the filling is cooked through.
5. To serve: Line a dinner plate with marinara sauce stand the eggplant rolls on top of the sauce , top with additional sauce and Italian parsley.

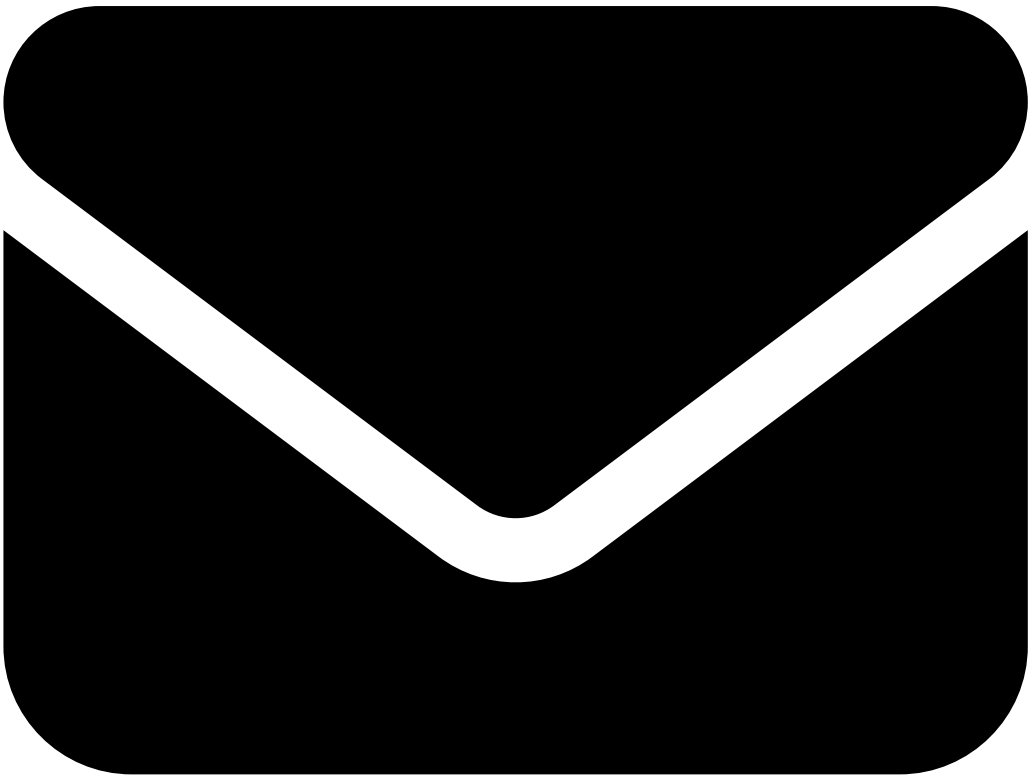
Main Course
Italian
Meat Stuffed Eggplant Rollatini

Stovetop Italian sausage and peppers

Stovetop Italian Sausage and Peppers

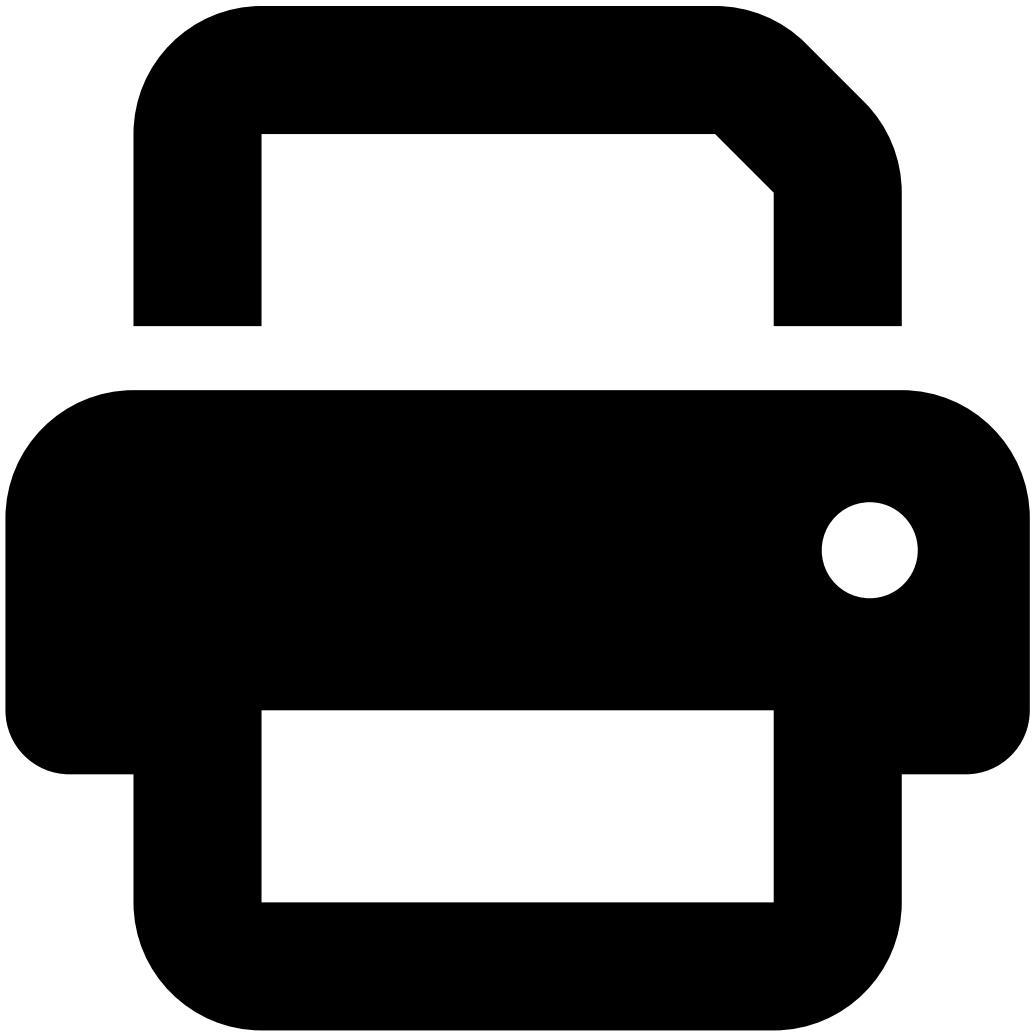
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SMS



There’s nothing quite like the irresistible smell of Italian sausage sizzling alongside vibrant bell peppers and sweet onions. This classic Italian-American dish is simple, hearty, and full of flavor, yet it comes together in one pan with minimal effort.

Sausage and peppers has long been a staple in Italian-American kitchens, often making an appearance at family gatherings, celebrations, holidays, and Sunday dinners. The combination of savory, juicy Italian sausage, sweet onions, and tender peppers is one of those timeless pairings that never goes out of style.

What I love most about this recipe is its simplicity. You only need a handful of everyday ingredients to create a satisfying meal that feeds the whole family without spending hours in the kitchen. It’s also budget-friendly and incredibly versatile. Serve it with crusty Italian bread, spoon it over pasta, or

enjoy it on its own for an easy weeknight dinner.

It’s the kind of simple, comforting food that tastes like it came straight from an Italian-American family kitchen—and sometimes, those are the best recipes of all.

Why you will love this stovetop Italian sausage and peppers

Authentic Italian flavor: Italian sausage , pairs perfectly with tender bell peppers and caramelized onions.

Quick and Easy: If you been following along you know I’m all about quick and easy. Ready in under 30 minutes with minimal ingredients, this is a great go-to meal for busy weeknights.

Versatile: serve it as a hearty main dish, tucked into a hoagie roll, or over pasta for a complete meal.

One -pan wonder: less cleanup means more time enjoying your meal and family .

Make it your Own: Looking to put your own spin on this classic Dish? Add a sprinkle of red pepper flakes for extra heat, or a splash of balsamic vinegar for a touch of tang. You can also melt some provolone cheese over the top for a gooey cheesy twist.

This classic stovetop Italian sausage and peppers recipe is proof that simple ingredients can create the most comforting and delicious meals. Give a try and enjoy the taste of Italy at home. BUON APPETITO!!!!

Stovetop Italian Sausage and Peppers



Stovetop Italian Sausage and Peppers is a classic Italian-American comfort food made with juicy Italian sausage, colorful bell peppers, and sweet onions, all cooked together in one skillet until tender and beautifully caramelized. It’s an easy, budget-friendly meal that comes together on the stovetop with just a handful of simple ingredients. Serve it with crusty Italian bread, over pasta, or enjoy it on its own for a hearty weeknight dinner or casual family meal.

- 2 Tbsp. olive oil
- 4 links Italian sausage mild or spicy or a combination of both
- 1 red and 1 green cleaned and sliced into thin strips
- 1 thinly sliced onion
- 1 Tbsp. minced garlic
- 1/2 cup white wine
- 1/2 cup balsamic vinegar
- Salt and pepper to taste

1. Heat the oil in a large skillet over medium high heat. Add the sausage and brown on all sides, about 7 – 10 minutes . Remove and set aside.
2. In the same skillet , add the onions, and peppers and cook until soft . Deglaze the pan with the wine, wait until absorbed before proceeding.

3. You can slice the sausage into thick pieces or leave it whole, then return it back to the pan . Add the garlic, and balsamic vinegar and stir everything together. Cook for an additional 15-20 minutes until the sausage is fully cooked through and the flavors are well combined.

4. Season with salt and pepper to taste. Top with fresh Italian parsley, if desired.

Main Course
Italian
Stovetop Italian Sausage and Peppers,