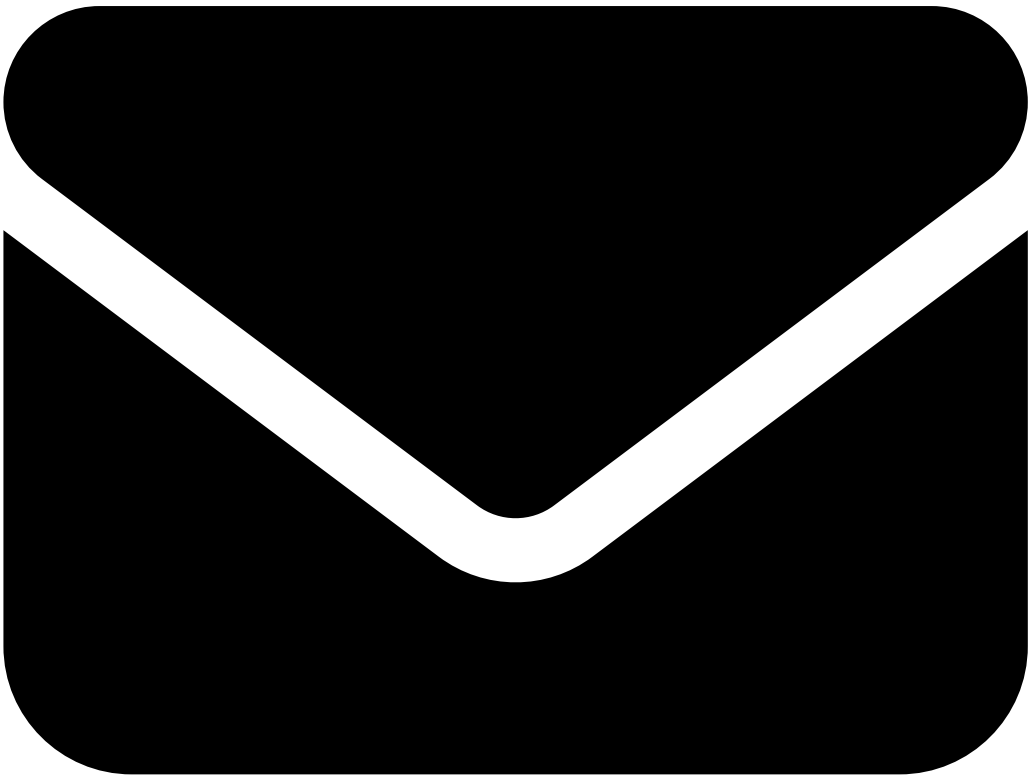
rosemary garlic seared lambchops

Rosemary Garlic Seared Lambchops

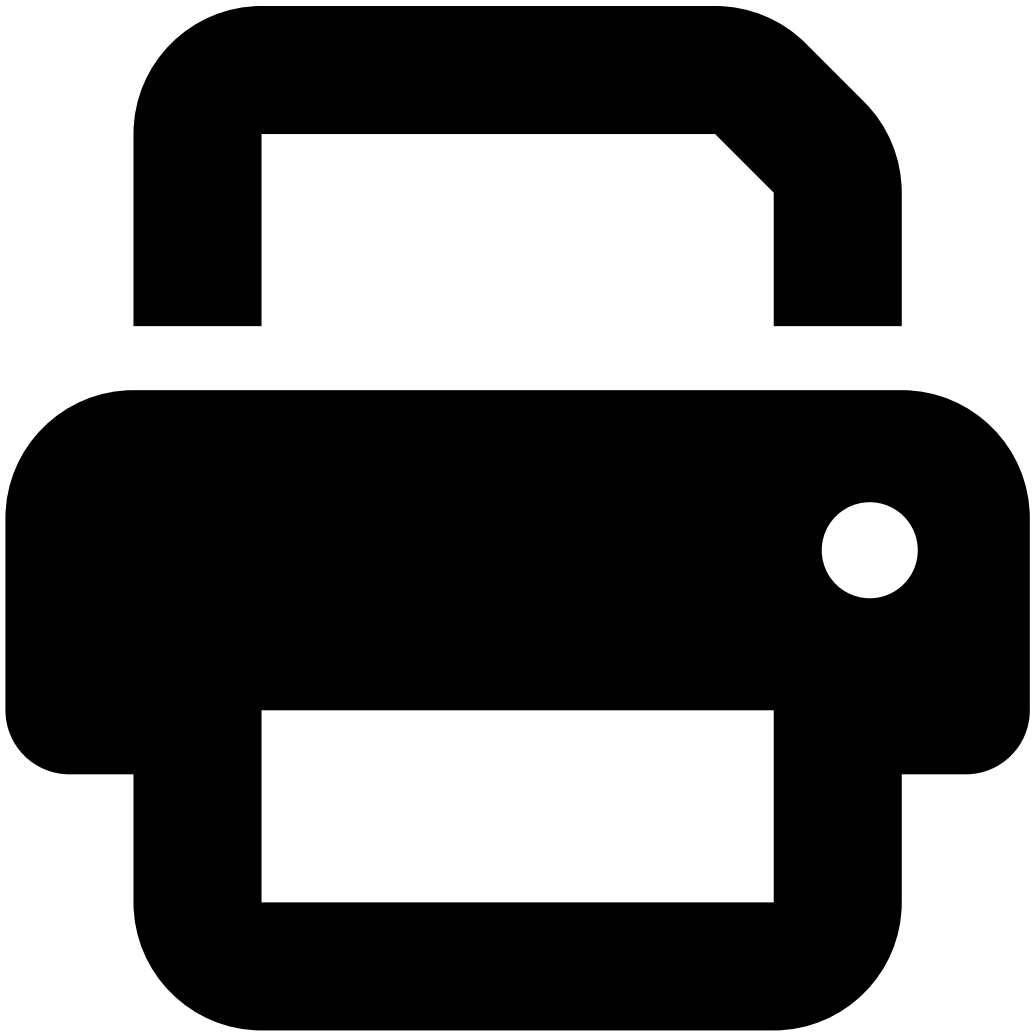
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SMS



Nothing beats the aroma of rosemary and garlic sizzling in a pan , especially when paired with perfectly seared lambchops. This dish is an effortless way to bring a gourmet meal to your table with minimal effort. Whether you’re cooking for a special occasion or simply craving a hearty flavorful dinner, these rosemary garlic seared lambchops will be a hit. The rich, succulent flavor of the lamb is enhanced by the earthy warmth of fresh rosemary and the robust essence of garlic. The crispy golden crust on the outside gives way to tender juicy meat inside, making every bite irresistible.

Choosing the lamb for this rosemary garlic seared lambchops recipe

For the best results, opt for high -quality lambchops. Rib chops are the most tender and have a delicate, mild flavor, while loin chops are slightly meatier with a robust taste. If you prefer an even richer flavor shoulder chops can be a great

alternative, though they require a longer cooking time to become tender.

When possible, choose grass-fed lamb for a more pronounced depth of flavor and superior texture. Look for chops that have a vibrant red color with some marbling, as the fact contributes to the juiciness and taste.

These rosemary garlic seared lambchops are easy to make and delicious, they deliver a restaurant -quality dish right at home. The combination of crispy seared edges, fragrant herbs, and a buttery sauce makes this dish a guaranteed crowd-pleaser. Perfect for an elegant dinner or quick weeknight meal, they’re bound to impress.

Rosemary Garlic Seared Lambchops



These Rosemary Garlic Seared Lamb Chops are tender, juicy, and packed with classic Mediterranean flavor. Fresh rosemary, garlic, and olive oil create a simple yet flavorful crust while a quick sear keeps the lamb beautifully tender. An easy restaurant-quality dinner that's perfect for weeknights or entertaining.

- 1.5- 2 lbs. of lamb chops
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 Tbsp. fresh rosemary finely chopped

- Salt and pepper to taste

FOR THE PANSAUCE

- 2 Tbsp. butter
- 1 Tbsp. finely minced garlic
- 1 Tbsp. finely chopped rosemary
- 1 Tbsp. corn starch
- 1/2 cup white wine
- Juice from 1 lemon
- 1 lemon sliced
- 1 cup chicken stock
- 1 Tbsp. chopped Italian parsley

1. Remove the lambchops from the refrigerator at least 20 minutes before cooking. Pat them dry then season with the rosemary, garlic salt and pepper. Massage the seasonings into the chops on both sides.

2. In a heavy skillet or cast-iron pan heat the oil over medium high heat until shimmering.
3. Add the lambchops to the hot pan and sear for 3-4 minutes on one side until a deep golden crust forms. Flip and sear the other side for another 3 minutes. Then remove and set aside.
4. In the same pan add the butter, garlic and rosemary cook until soft and translucent . Add the corn starch and cook for 1 minute longer
5. Deglaze the pan with the wine waiting until it is absorbed before adding the chicken stock and lemon juice and lemon slices. Simmer until sauce is beginning to thicken (3-5 minutes). Then remove the lemon slices.
6. Return the lambchops back to the pan to heat through, basting the chops with the sauce. Finish with the Italian parsley .

Main Course
Italian

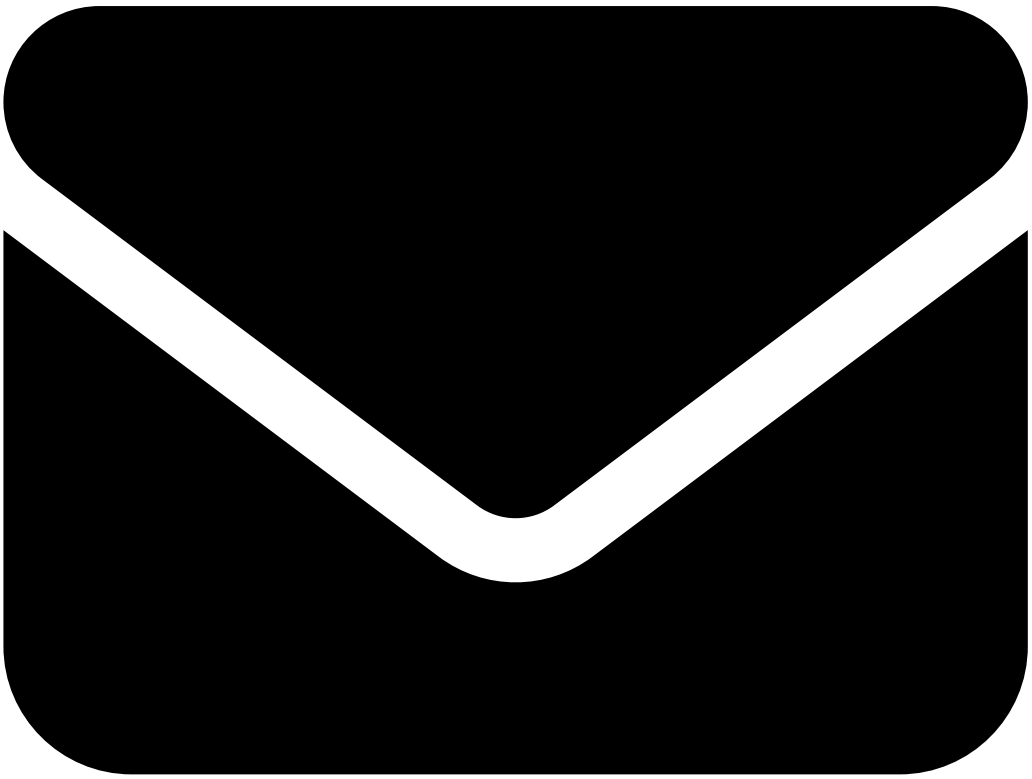
rosemary garlic lamb chops, seared lamb chops,

Stuffed pork tenderloin Wellington

Stuffed Pork Tenderloin Wellington

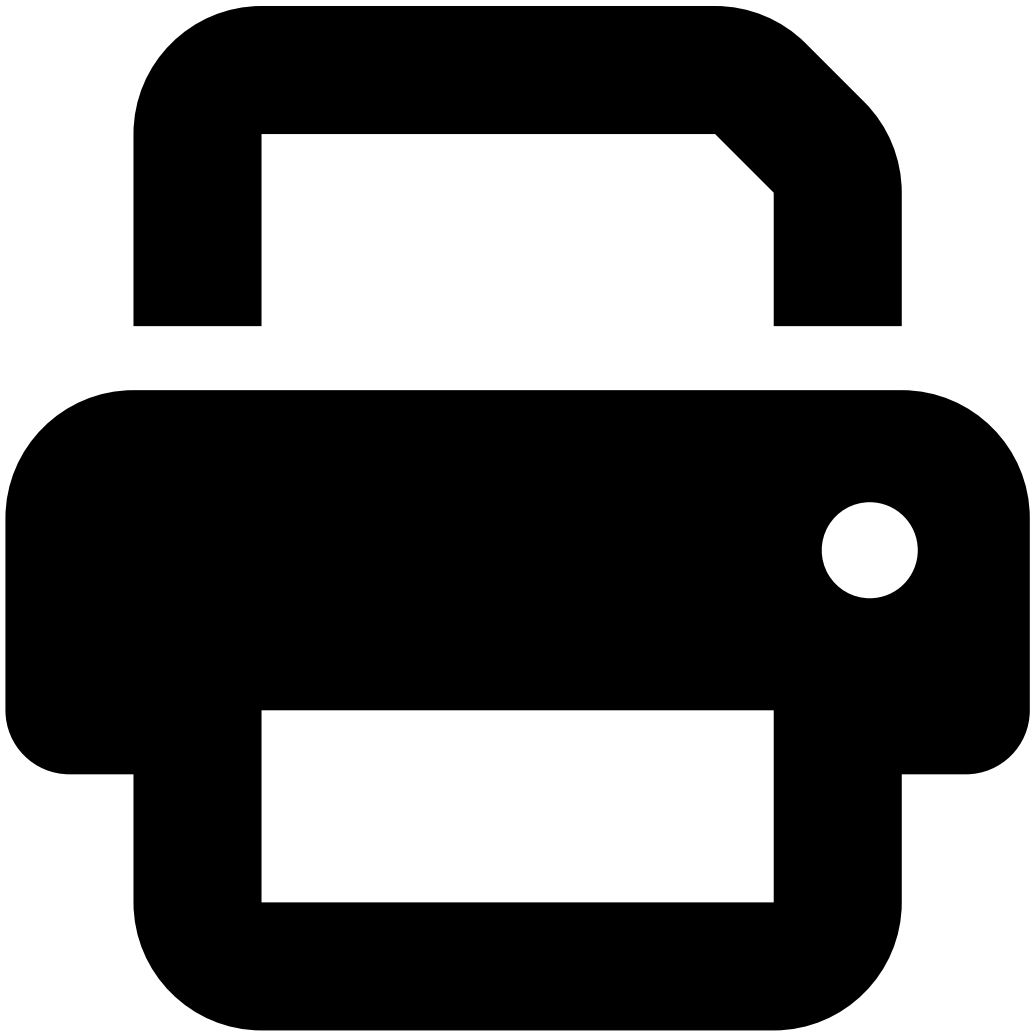
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SMS



When you want to impress- whether it’s date night, a special occasion or just because- this stuffed pork tenderloin delivers, Juicy pork tenderloin filled with a savory mushroom filling and then wrapped in golden, flaky puff pastry- yeah it’s drool worthy.
This version takes the classic beef wellington and swaps out the beef for succulent pork tenderloin and levels up the flavor by stuffing it with a rich Italian – inspired filling.

How To make this Stuffed pork tenderloin wellington more manageable

1. Prep the filling in advance: cook and refrigerate the filling up to a day ahead of time. This prevents the pastry from becoming soggy and saves time.
2. Butterfly and stuff the pork: Do this in advance and

roll it tightly in plastic wrap. This step can also be done up to one day before your ready to bake the tenderloin.

3. Assemble and freeze : You can fully assemble the pork tenderloin wellington (stuffed , wrapped in pastry and egg- washed) and freeze it unbaked. When ready to cook , bake straight from frozen adding 15 – 20 minutes to the cooking time.

By prepping ahead , you'll make this Stuffed Pork tenderloin recipe much more manageable while still delivering a stress free impressive and delicious result.

Stuffed Pork Tenderloin Wellington



Stuffed Pork Tenderloin Wellington features tender pork tenderloin wrapped around a savory filling, then enclosed in golden, flaky puff pastry and baked until beautifully crisp. Elegant enough for entertaining yet surprisingly simple to prepare, this impressive dish makes a memorable dinner.

- 11/2 -2 lbs. pork tenderloin
- 2 Tbsp. olive oil
- 1 Tbsp; butter
- 2 Tbsp. Dijon mustard
- 1 sheet puff pastry
- Mushroom filling
- 8 oz. cremini or button finely chopped

- 1 minced Shallot
- 1 Tbsp. minced garlic
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 egg + 1 egg yolk for the egg wash
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

1. Preheat your oven to 400- degrees

2. Clean the pork removing the silver skin – It's that shiny white-silver membrane running along one side of the tenderloin with a sharp knife
3. Then butterfly the tenderloin slice it length wise almost all way through- think open book.
4. Pound it with a meat mallet or rolling pin until it's an even thickness, about 1/2 inch thick. salt and pepper to taste.
5. Make the filling
6. In a saute pan over medium high heat in the olive oil and butter saute the shallots and garlic until soft and translucent
7. Add the mushrooms cook until brown and all the liquid is absorbed.
8. In a bowl slightly beat the egg, add in the breadcrumbs, parmesan cheese, parsley and the cooked mushroom mixture. Mix to combine
9. Spread the stuffing down the center of the pork tenderloin
10. Carefully roll it up jelly roll style. Then tightly wrap it in plastic wrap and chill for at least 30 minutes.
11. Then unwrap and spread with the mustard and roast in a preheated 400- degree oven for 10 minutes. Set aside and cool slightly just enough time to handle without burning your hands, then spread with the mustard
12. On a lightly floured broad roll out the puff pastry and place the pork roll in the center. Wrap the pastry

around it. tucking in the edges.
13. Place it seam-side down on a parchment lined baking sheet
14. Brush the top with a slightly beaten egg yolk. Score the top. Bake in a preheated oven for 25-30 minutes or until the puff pastry is golden brown.
15. Let rest for 10 minutes before slicing.

Sear the pork before wrapping it in puff pastry and allow it to cool slightly first. This helps develop flavor while preventing the pastry from becoming soggy.

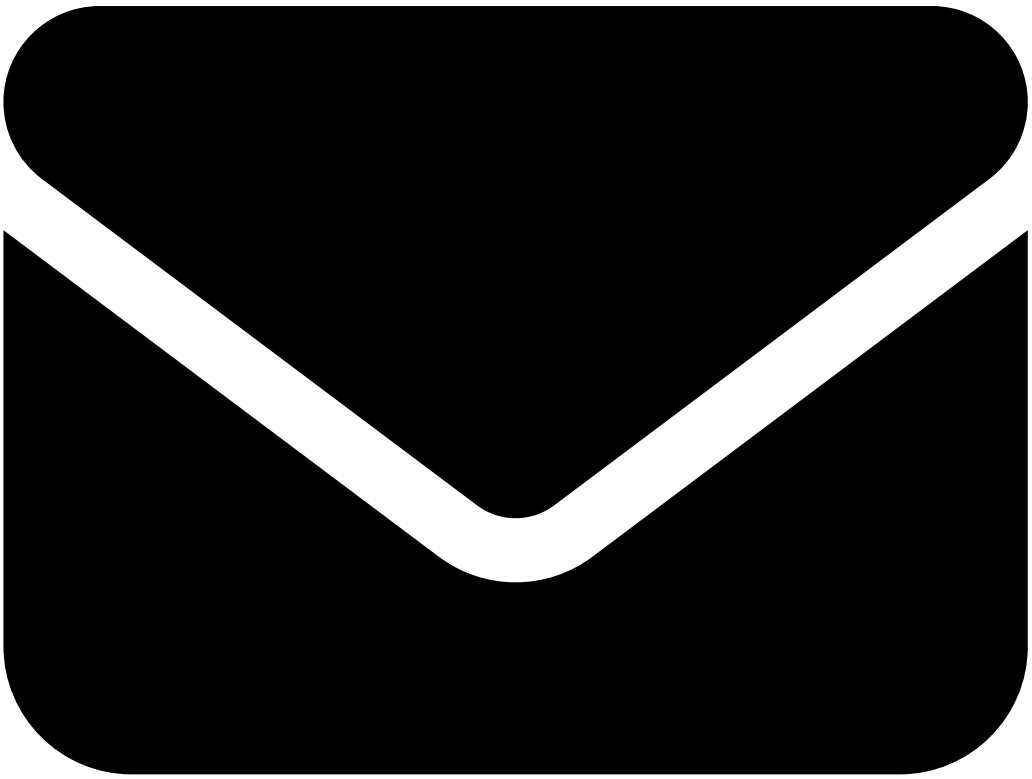
Main Course
Mediterranean
stuffed pork tenderloin Wellington,

Bone- in Porkchops picatta

Bone-in Porkchops Picatta

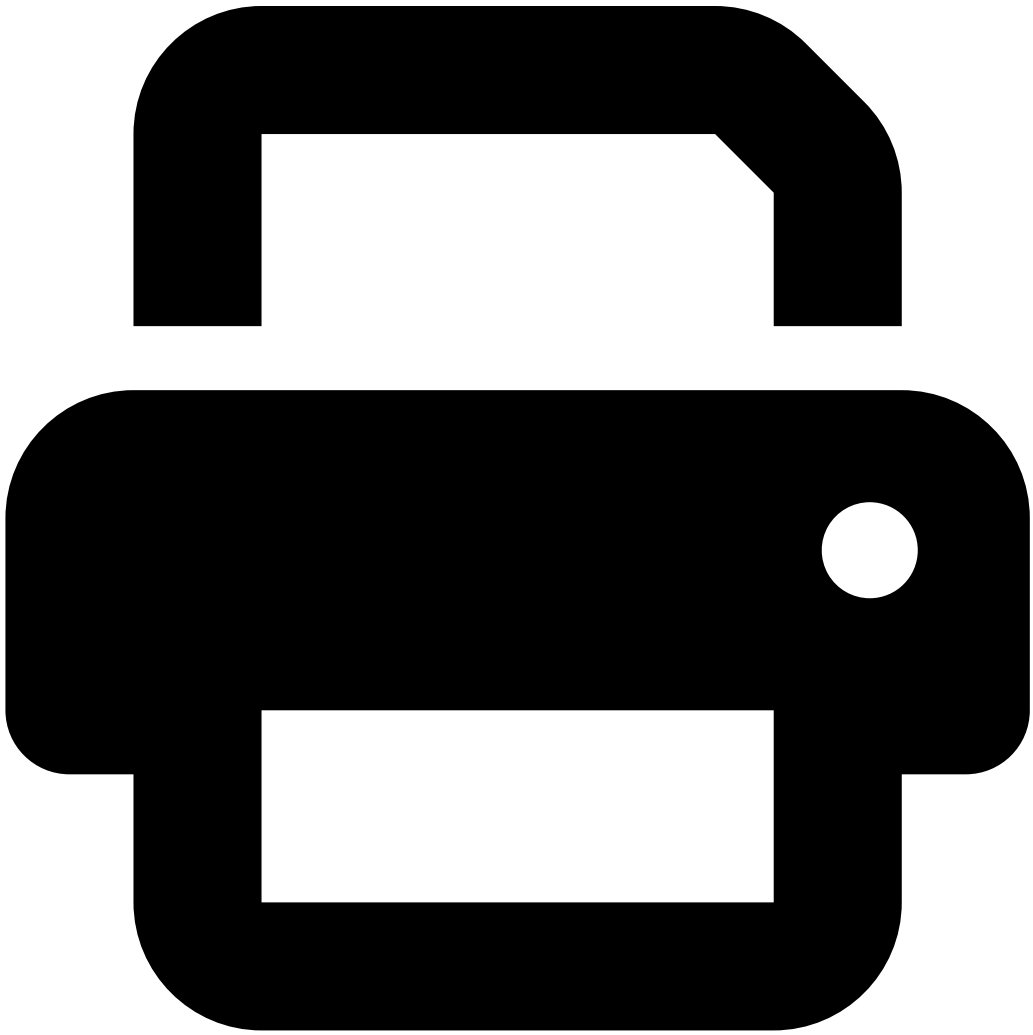
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Perfectly cooked and juicy bone-in porkchops picatta in less than 30 minutes. Only 5 minutes of prep and 15 minutes of cook time start to finish to make the best restaurant quality porkchops at home.
For these pan seared chops I am using 1-11/2 inch thick bone-in porkchops and pounding them thin. Thinner porkchops can be used you can skip this step. You can also use boneless porkchops. Although for me I find bone -in anything is much more flavorful.

It’s a one pan recipe that’s ready in less than 30 minutes and has the most flavorful porkchops with the most delicious picatta sauce.

Why you will love this bone-in

porkchop picatta recipe

Bone-in porkchop piccata is a delicious recipe. It combines the rich, juicy flavor of bone-in porkchops with the bright, zesty buttery lemon-caper sauce that defines a classic piccata.

The bone-in adds extra flavor and helps keep the meat tender and moist. The tang from the lemon and briny capers balances the savory richness of the pork, while white wine and butter brings everything together in a luscious sauce.

This bone-in porkchop piccata is a restaurant quality dish that’s surprisingly easy to make at home, making it an ideal recipe for both weeknight family dinners and fancy enough for special occasions. Plus, it pairs deliciously with simple sides like roasted potatoes, sauteed greens or creamy polenta. ENJOY!!

If you make this recipe please leave me a comment on your experience with this bone-in porkchop picatta recipe. I love hearing from you, and it helps others.

Bone-in Porkchops Picatta



Bone-in pork chops piccata are pan-seared until golden and finished in a bright, flavorful lemon, butter, and caper sauce. This easy Italian-inspired dinner comes together quickly and delivers restaurant-quality flavor with simple

ingredients.

- 4 bone -in porkchops
- 2 eggs
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/2 cup chopped Italian parsley
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 1/2 cup white wine
- 1 cup chicken broth
- juice from 1 lemon
- 1/2 cup drained capers
- salt and pepper to taste

1. Start by pounding the porkchops thin then salt and pepper to taste

2. In a bowl mix the breadcrumbs with the grated parmesan cheese and Italian parsley
3. In another bowl add the eggs and whisk slightly
4. Dip the chops first in the egg, then in the breadcrumb mixture. Use your hands to completely cover the porkchops with breadcrumbs
5. In a large saute pan over medium high heat add the olive oil and 1 Tbsp. of butter
6. Add the porkchops in batches to the skillet and fry until golden brown on both sides (about 5 minutes per side). remove and set the chops aside while you make the sauce.
7. In the same pan add the remaining butter add the garlic and shallots and cook until soft and translucent.
8. Deglaze the pan with the white wine waiting until it evaporates before adding the chicken stock, lemon juice and capers. Simmer over low heat until the sauce thickens.
9. Pour the picatta sauce over the porkchops. Top with

additional chopped Italian parsley. Serve with lemon slices.

For the best flavor, sear the pork chops until deeply golden before making the sauce. Those browned bits left in the pan add incredible flavor to the lemon-caper sauce.

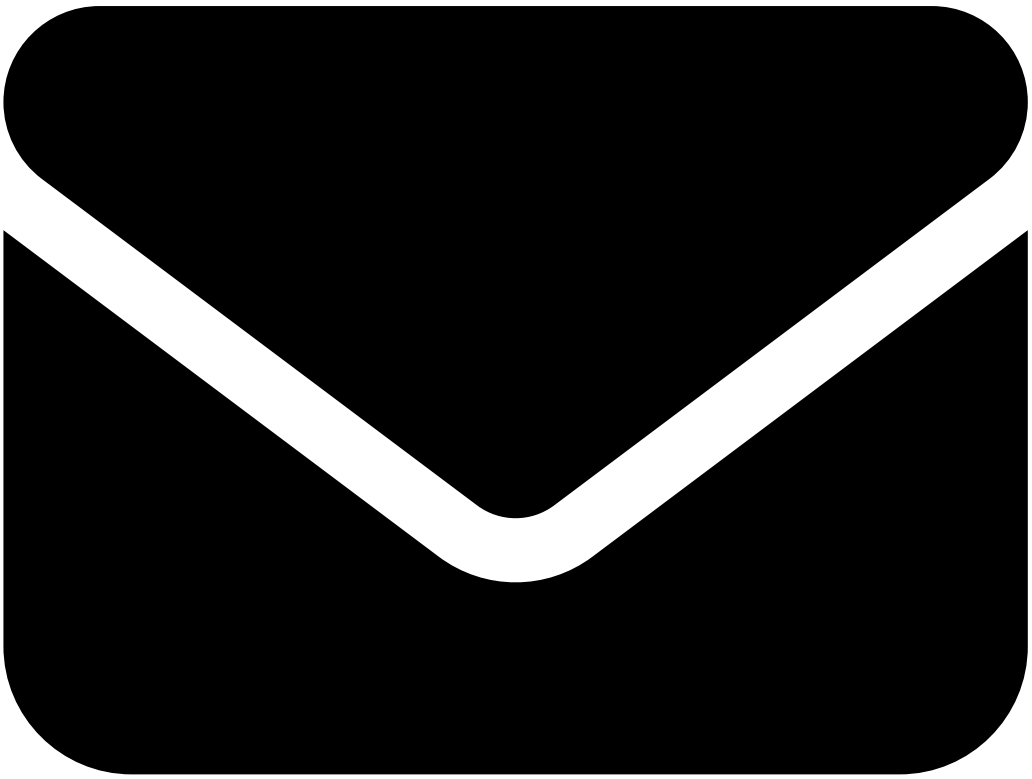
Main Course
Italian
lemon caper pork chops

Italian Style cabbage rolls

Italian Style Cabbage Rolls

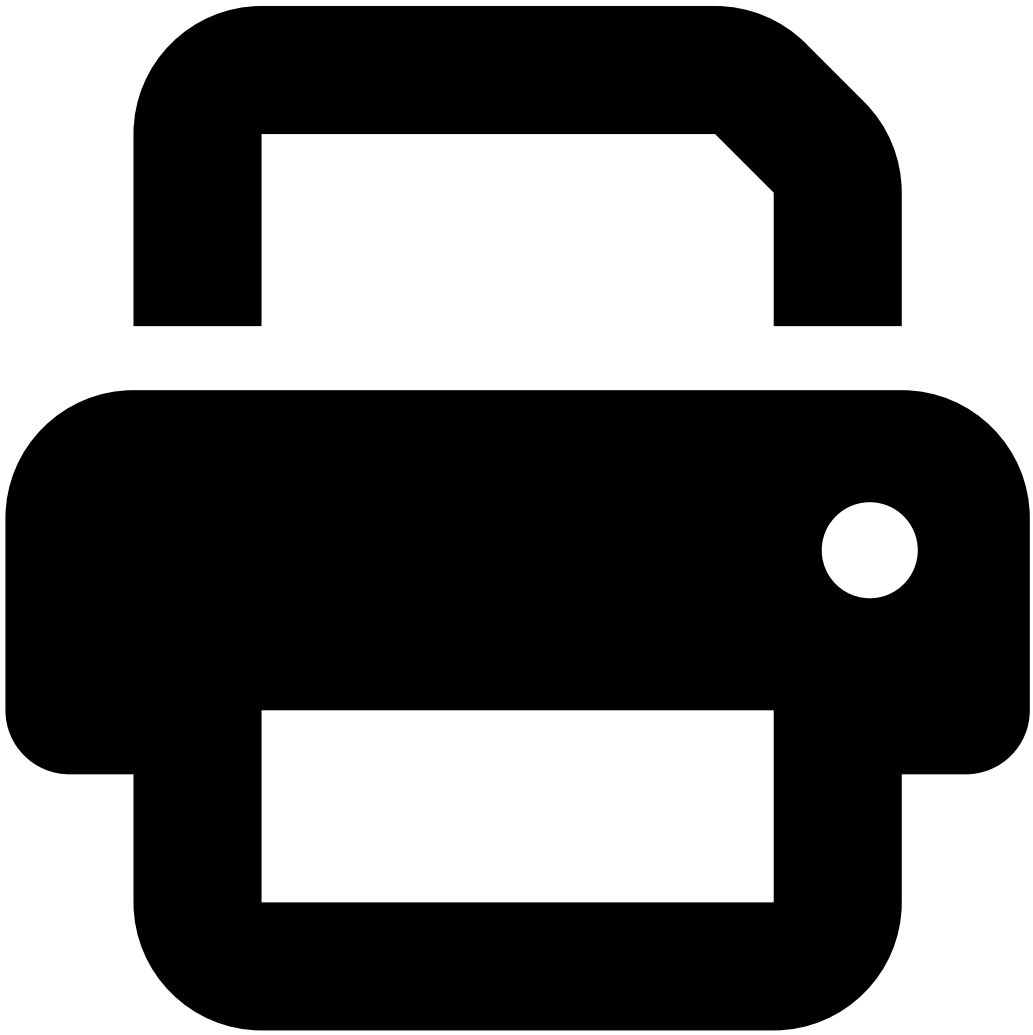
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SMS



Tender cabbage leaves are filled with a savory mixture of ground beef, rice, Parmesan cheese, and fresh herbs, then nestled into my homemade marinara sauce and topped with even more sauce before baking until tender and bubbling. The result is a hearty, comforting dish that brings two culinary traditions together in one very special recipe.

This Italian-style cabbage rolls recipe is one of those dishes that carries a little bit of history with every bite. It was inspired by my ex-mother-in-law’s traditional Polish cabbage rolls, a recipe that has stayed with me through the years. Although life took us in different directions, I never forgot her recipe—or the comfort that came with it.

When I recreated it in my own kitchen, I couldn’t resist adding a little Italian flair. I brought in flavors that are familiar to me and rooted in my Italian cooking: Parmesan cheese, fresh herbs, and my homemade marinara sauce. The

result is a beautiful blend of Polish tradition and Italian flavors—a recipe that honors where it came from while making it my own.

It’s the kind of meal that belongs in the center of the table, surrounded by family, good bread, and plenty of sauce for dipping.

How to Make Easy Italian-Style Cabbage Rolls

Cabbage rolls may look like a lot of work, but they really aren’t. The trick is to break the recipe into a few simple steps and, if you have the time, do some of the preparation ahead. I’ve made plenty of recipes over the years that look complicated when you first read them, but once you get organized in the kitchen, they become much easier.

The good news is that almost every part of these cabbage rolls can be prepared ahead of time.

Start with the Cabbage

The first step is softening the cabbage leaves so they’re pliable enough to roll. You can easily do this a day or two ahead. Once the leaves are softened, separate them, let them cool, and store them covered in the refrigerator.

A little tip: I like to prepare a few extra cabbage leaves. Some may tear while you’re separating them, and having extras makes assembling the rolls much easier.

Make the Marinara

The marinara sauce can also be made ahead. In fact, this is one of those recipes where having homemade marinara already in the freezer makes dinner so much easier.

I usually make a big batch and freeze it in different-size containers. That way, I always have sauce ready for recipes like these cabbage rolls, pasta, chicken, or anything else that needs a good tomato sauce.

If you're making the marinara specifically for this recipe, you can prepare it **a day ahead and refrigerate it**.

Prepare the Filling

The beef and rice filling can be prepared ahead as well. Mix everything together, cover, and refrigerate until you're ready to assemble the cabbage rolls.

This is where doing a little prep ahead really pays off. When the cabbage, marinara, and filling are ready, the hardest part is already done.

Assemble the Cabbage Rolls

When you're ready to assemble, lay a cabbage leaf flat, add the filling, and roll it up, tucking in the sides as you go. You don't need to make every roll exactly the same size—just try to keep the filling evenly divided.

Spread some marinara sauce in the bottom of your baking dish, arrange the cabbage rolls seam-side down, and spoon more marinara over the top.

Then into the oven they go.

Can You Make Cabbage Rolls Ahead?

Absolutely. That's one of the things I love about this recipe.

You can assemble the cabbage rolls earlier in the day, cover them, and refrigerate them until you're ready to bake. You can also freeze them **before or after baking**.

If freezing them unbaked, thaw them overnight in the

refrigerator before baking. If they’re already baked, let them cool completely before freezing, then thaw and reheat gently in the oven.

My best advice: Don’t think of this as one big recipe. Prepare the cabbage, make the sauce, prepare the filling, and then put everything together. Once you approach it that way, these Italian-style cabbage rolls are much easier than they first appear—and they’re well worth the little bit of extra effort

Italian Style Cabbage Rolls



Tender cabbage leaves filled with a savory Italian-style meat and rice mixture, baked slowly in a rich tomato sauce until tender and flavorful. These comforting Italian cabbage rolls make a hearty family dinner and are perfect for make-ahead meals.

- 1 medium head of cabbage
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 lb. ground beef
- 2 cups cooked rice
- 1 cup grated parmesan
- 1 egg

- 1/2 cup chopped Italian parsley
- salt and pepper to taste
- 4 cups my easy marinara sauce

1. Prepare the cabbage by removing as much of the core as possible. Then place the cabbage in a large pot of salted water. Bring to a boil and cook for 5 minutes or until you can easily separate the leaves with thongs. You may need to help the leaves off using a knife. Set aside to cool. The smaller leaves can be frozen for soup.

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

Don’t overcook the cabbage leaves when blanching them. You want them tender enough to roll but still sturdy enough to hold the filling. Remove the thickest part of the center rib if needed—it makes rolling the cabbage much easier and gives you neat, evenly cooked rolls.

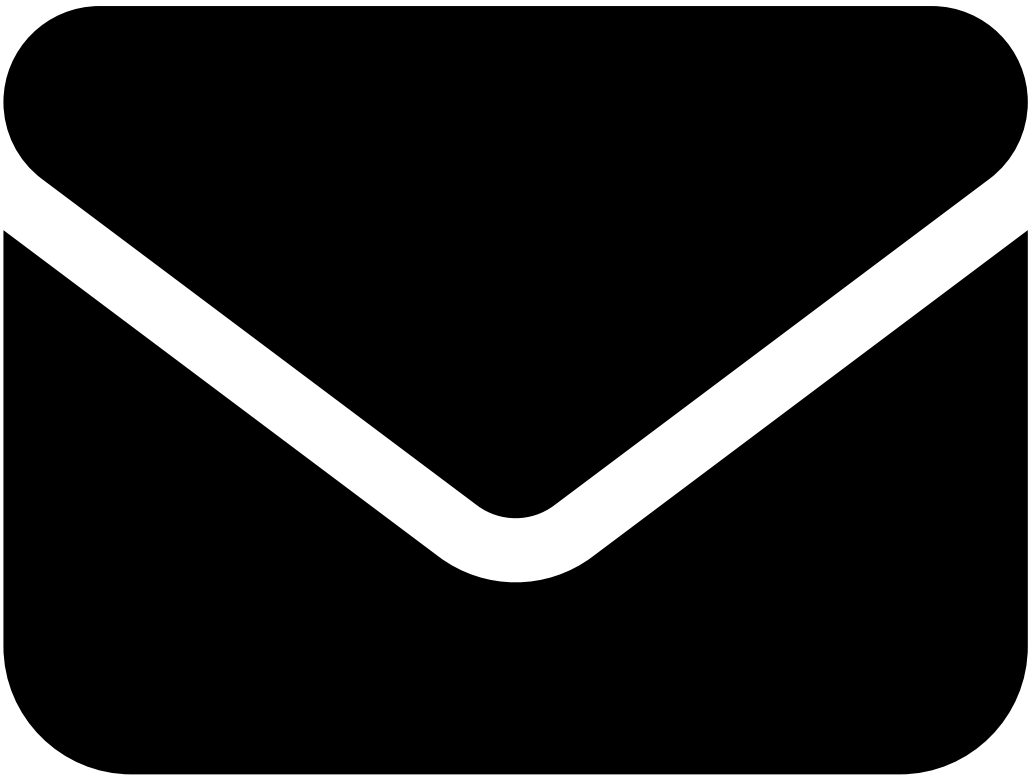
Main Course
American, Italian
Italian stuffed cabbage rolls,

Arancini Italian rice balls

Arancini Italian Rice Balls

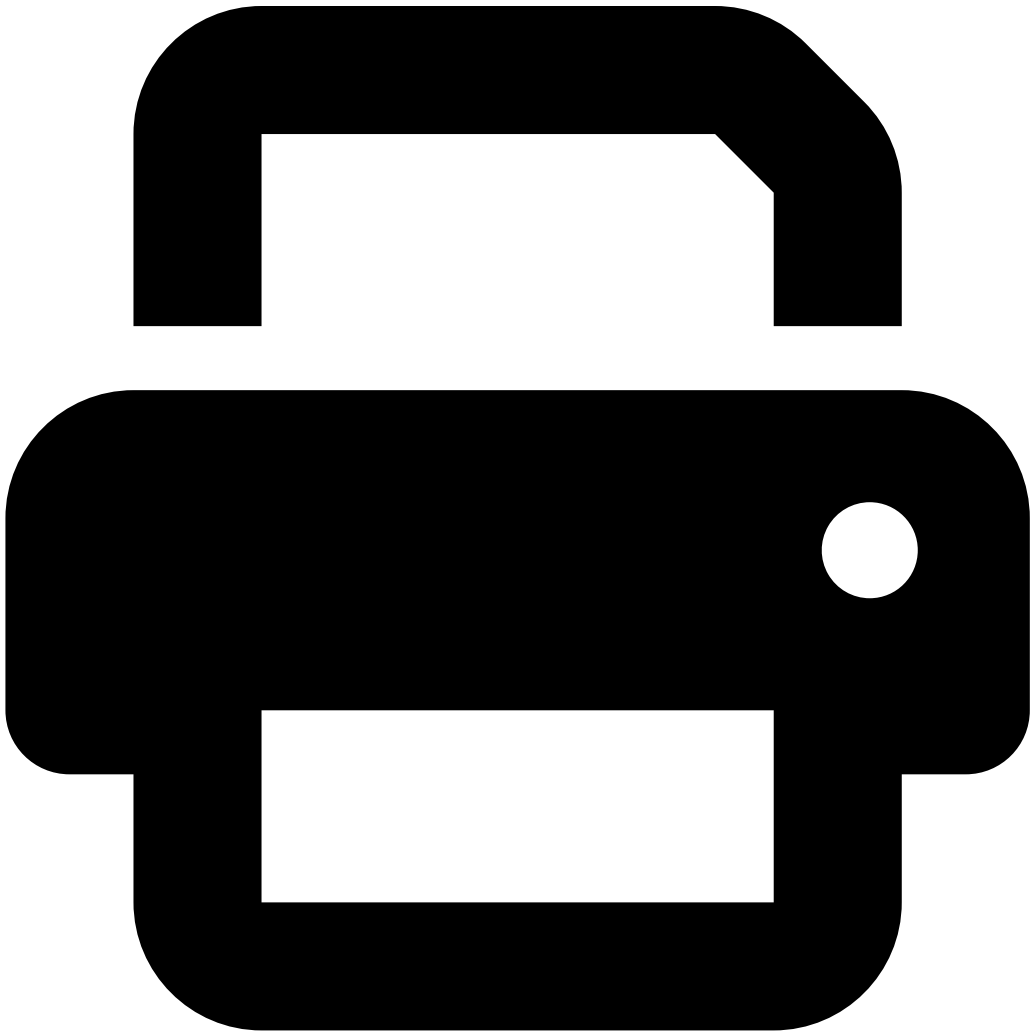
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Golden and crispy on the outside, tender and flavorful on the inside, **Arancini are one of Italy’s most beloved street foods**. These delicious Italian rice balls are filled with a rich, savory meat sauce and creamy mozzarella, then coated and fried until perfectly golden.

The name *arancini* means “little oranges” in Italian, a reference to their round shape and beautiful golden color. While they originated in Sicily, these irresistible rice balls can now be found throughout Italy, with each region putting its own delicious spin on them.

The classic version is filled with meat sauce, peas, and mozzarella, but there are countless variations, from saffron-infused rice to vegetarian fillings and different cheeses. No matter the filling, the appeal is the same: **a crisp, golden exterior giving way to warm, creamy, savory goodness inside.**

Perfect as an appetizer, snack, or part of an Italian-style dinner, arancini are always a crowd-pleaser—and a delicious taste of Italy in every bite.

Arancini: Italian Rice Balls

Making arancini may seem like a project, but with a little preparation, they're much easier than you might think. The key is to make the rice or risotto ahead of time and give yourself a little time to assemble everything before frying.

Steps to Make This Arancini Italian Rice Ball Recipe Easy

Step 1: Prepare the rice.
Make the risotto a day or two ahead and refrigerate it. Cold rice is much easier to work with and helps the arancini hold their shape.

Step 2: Set up your workstation.
When you're ready to make the arancini, have everything prepared and within reach: the chilled risotto, cubed mozzarella, meat filling, seasoned breadcrumbs, and beaten eggs.

Step 3: Shape and bread the arancini.
Take a portion of the rice and gently flatten it in your hand. Add a little meat filling and a cube of mozzarella, then carefully shape the rice around the filling, sealing it completely. Dip each rice ball in beaten egg, then roll it in the breadcrumbs. Place the finished arancini on a parchment-lined baking sheet.

Step 4: Refrigerate until ready to cook.
The arancini can be made several hours ahead, or even the day before. Cover and refrigerate until you're ready to cook them.

Step 5: Fry until golden.

Heat the oil and fry the arancini in batches until they’re beautifully golden and crisp on the outside. Don’t overcrowd the pan, or the oil temperature will drop and the arancini won’t crisp properly.

Short on time? You can also bake the arancini in the oven or cook them in an air fryer for a lighter option.

Serve them **hot, while the outside is crisp and the mozzarella inside is warm and gooey.** That’s when they’re at their best.

Storage

Refrigerator: Store cooked arancini in an airtight container for **up to 3 days**.

Freezer: Freeze cooked or uncooked arancini in a single layer until firm, then transfer to a freezer-safe container for **up to 3 months**. Cooked arancini can be reheated directly in a 375°F oven or air fryer until hot and crisp.

More Italian Appetizers

If you love classic Italian appetizers, try my **Easy Savory Puff Pastry Twists**, **Gorgonzola and Brie Pear Tart**, or my family’s favorite Italian sausage rolls with puffpastery .For more delicious ideas, browse my **Appetizer Recipes**.

Arancini Italian Rice Balls



Crispy, golden Italian rice balls made with creamy seasoned rice, filled with savory cheese and fried or baked until perfectly crisp. Arancini are a classic Italian appetizer and a delicious way to turn leftover risotto into something special.

- 4 cups leftover rice or risotto
- 1 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley

FOR THE MEAT FILLING

- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped celery + 1 cup peeled and chopped carrot
- 1 cup diced pancetta or bacon
- 1/2 lb. ground beef + 1/2 lb. ground pork
- 1/2 cup red wine
- 2 cups crushed tomatoes
- 2 Tbsp. tomato paste
- 1 cup water
- 1 Tbsp. dried Italian herbs
- 1 cup peas (optional)
- Ingredients to assemble:
- 4 mozzarella sticks cut into 4 pieces

FOR THE COATING

- 1 egg slightly beaten
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. chopped Italian parsley

1. Mix the cooked rice with 1 egg , 1 cup of grated parmesan cheese and the Italian parsley, salt and pepper to taste. Set aside while preparing the meat filling.

2. To make the meat sauce: Start in 2 Tbsp. of olive oil by cooking the pancetta or bacon until crisp, then add the celery, onion, garlic and carrots and cook until soft . Once the vegetables are soft add the meats and cook until browned breaking up the meat as it cooks.
3. Add the wine and let it evaporate before adding the tomato paste and water. Bring to a boil, then turn down to a simmer cover and cook for one hour. If using peas add them to the meat sauce the last 10 minutes .
4. This recipe uses about 3 cups of meat filling any leftovers can be used for pasta sauce.
5. To assemble and fry; the rice should be warm for easier forming , if the rice has be in the fridge warm in the microwave.
6. Wet your hands this will make forming the rice balls easier. Take about 1 Tbsp. of rice and flatten into your cupped hand. Place 1Tbsp. of the meat filling and 1 piece of the mozzarella in the center and roll into a ball making sure all the filling is covered .
7. Then in a bowl mix the breadcrumbs with the parmesan cheese and Italian parsley. In another bowl whisk the egg slightly
8. Dip the arancini balls first in the egg and then in the breadcrumb mixture. Now refrigerate for 30 minutes or even overnight.
9. Then bring 3 cups of canola – olive oil blend to medium

high heat and fry the rice balls until golden brown about 5 minutes.

10. Drain on absorbent paper . serve hot.

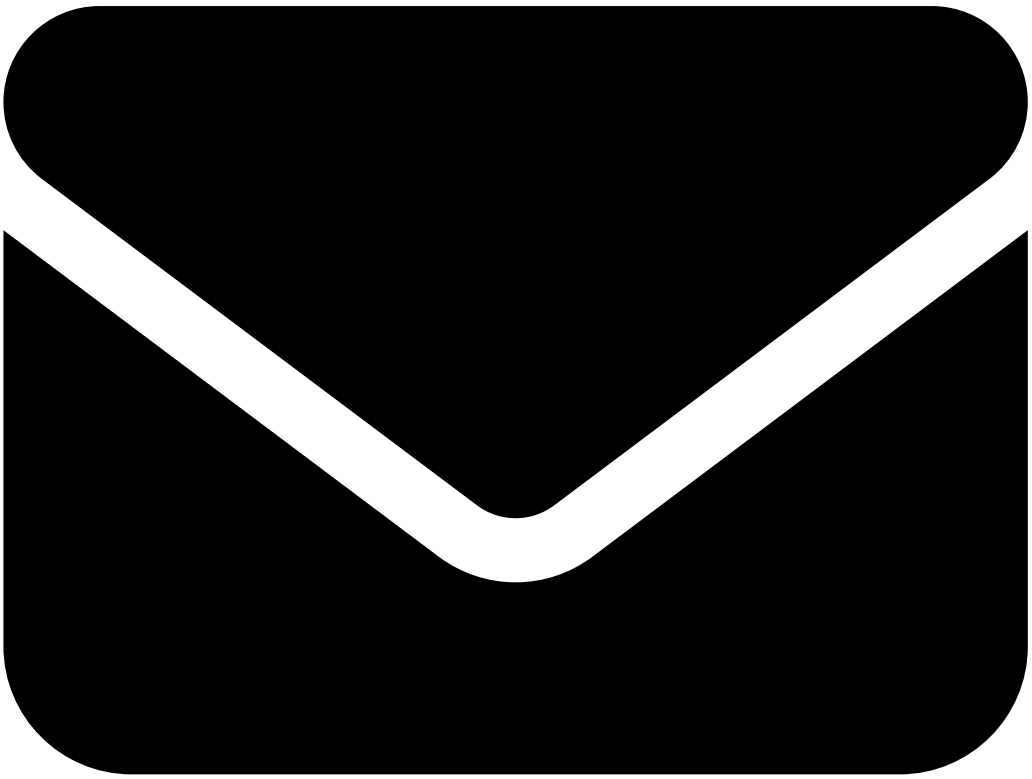
Make sure the rice is completely chilled before forming the arancini. Cold rice is much easier to shape and will hold together better. Keep your hands slightly damp as you form the balls, and don’t overfill them—this helps prevent the filling from leaking out while cooking.

Tip text
Appetizer, Main Course, Side Dish
Italian
Arancini, Italian rice balls

Filet Mignon with Red Wine Reduction Sauce

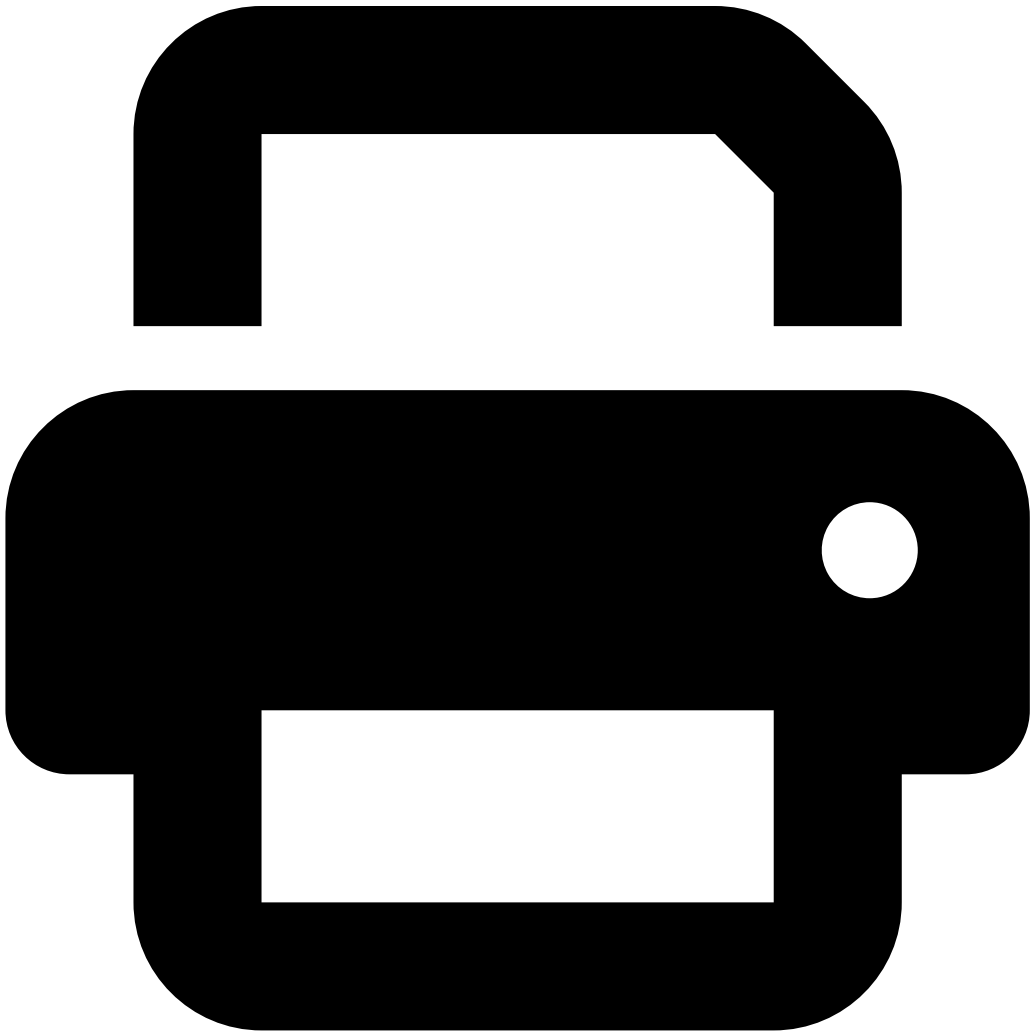
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Filet mignon, renowned for it’s buttery tenderness and mild flavor transforms into something extra special when paired wild a luxurious wine reduction sauce. This simple yet elegant addition combines the bold richness of red wine with shallots and fresh herbs creating a sauce that enhances the steak’s natural juiciness A wine reduction sauce is surprisingly easy to make. With just a few high – quality ingredients and a bit of patience, you can make a dish that is restaurant- worthy. Pair your filet mignon with this sauce and serve with roasted vegetables and creamy potatoes for a meal perfect for special occasions or when you want to indulge.

Tips for the Perfect Filet Mignon

Bring the steaks to room temperature. Allow the filet mignon to sit at room temperature for about 30 minutes before cooking. This promotes more even cooking and helps you achieve a beautifully browned crust while keeping the center juicy and tender.

Season generously. Season both sides of the steaks well with salt and freshly ground black pepper. Filet mignon is a mild cut of beef, so proper seasoning makes a big difference.

Use a heavy-bottomed skillet. A cast-iron skillet is ideal because it holds heat exceptionally well. Preheat the skillet thoroughly before adding the oil. Once the pan is very hot, add the steaks and sear for about **4–5 minutes per side for medium-rare**, or adjust the cooking time to your preferred doneness.

Don’t skip the resting time. Transfer the steaks to a plate and let them rest for 5–10 minutes before slicing. This allows the juices to redistribute throughout the meat, keeping your filet juicy and tender.

Deglaze the pan. After removing the steaks, add the wine to the hot skillet and scrape up all those flavorful browned bits from the bottom of the pan. Those little bits are packed with flavor and are the foundation of a delicious red wine reduction sauce.

Chef’s Tip: For the best sear, make sure the filet mignon is **thoroughly patted dry** before seasoning. A dry surface and a very hot skillet are the keys to achieving that beautiful restaurant-quality crust.

Serving Suggestions

Serve your filet mignon with creamy mashed potatoes, roasted asparagus, sautéed mushrooms, or your favorite roasted vegetables. Spoon the rich red wine reduction generously over the steak just before serving.

Storage

Store leftover steak and sauce separately in airtight containers in the refrigerator for up to **3 days**. Reheat the steak gently to avoid overcooking, and warm the sauce

separately over low heat.

Filet Mignon with Red Wine Reduction Sauce



Perfectly seared filet mignon is served with a rich and flavorful red wine reduction sauce. The sauce is reduced with aromatics and finished until silky and concentrated, creating an elegant restaurant-style dinner that's surprisingly simple to make at home.

- 2 filet mignon steaks (6-8 oz. each)
- Salt and freshly ground pepper
- 2 Tbsp. olive oil
- 6 Tbsp. butter divided
- 1 small minced shallot
- a few sprigs of rosemary and thyme
- 1 cup red wine
- 1 cup beef stock

1. Start by patting the steaks dry with paper towels. Then generously season both sides with salt and pepper.
2. Heat a cast- iron skillet over medium high heat until smoking hot. Add the olive oil and let it shimmer. Place the steaks in the pan and sear for 4-5 minutes pre side for medium rare.

3. Add 2 Tbsp. of the butter tilt the pan and spoon the melted butter over the steaks for added flavor, while cooking.
4. Remove the steaks from the skillet tent with foil while preparing the wine reduction sauce.
5. In the same pan , add 2 Tbsp. of butter and the shallots cook until the shallots are soft and fragrant (4-5 minutes). Add the red wine and beef stock scrap up the brown bits from the bottom , add the rosemary and thyme and let it simmer until reduced by half about 10 minutes. Then whisk in the remaining 2 Tbsp. of cold butter cubes to create a glossy finish.
6. Slice the steaks on a diagonal pour the sauce over it.

Let the steaks rest before slicing. After searing the filet mignon, transfer it to a plate and let it rest for about 5–10 minutes. This allows the juices to redistribute, keeping the steak tender and juicy.
Main Course
American, Italian, Mediterranean
filet mignon with red wine sauce,

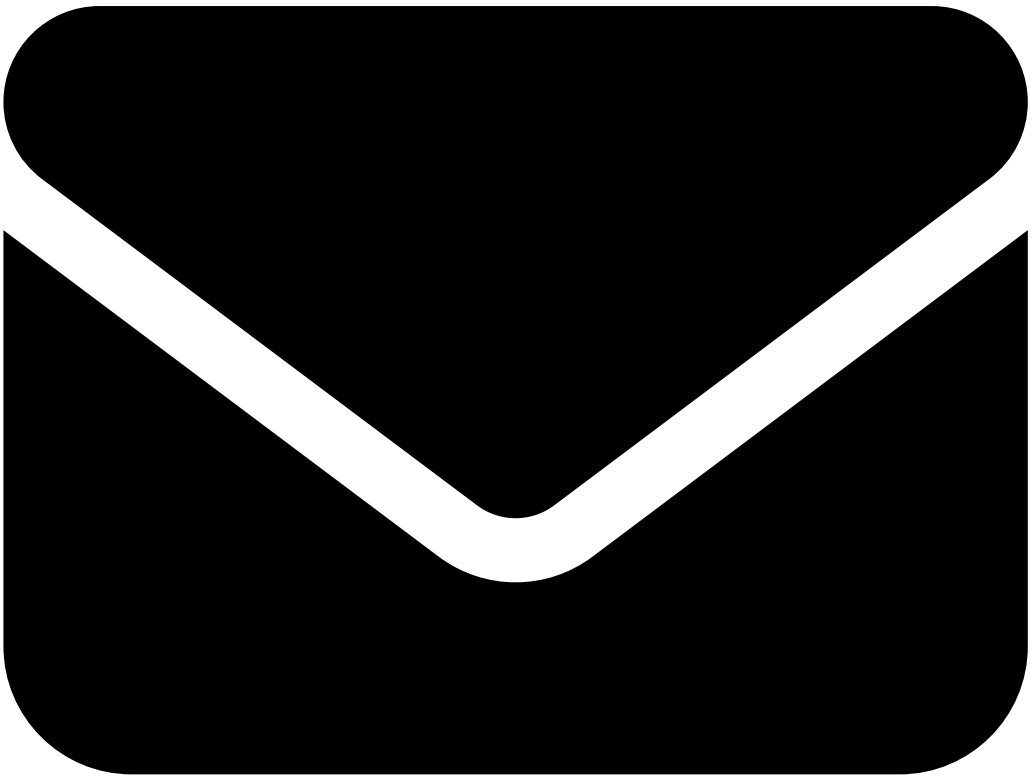
Italian Meatball Sunday Sauce with Homemade Meatballs

Italian Meatball Sunday Sauce with Homemade Meatballs

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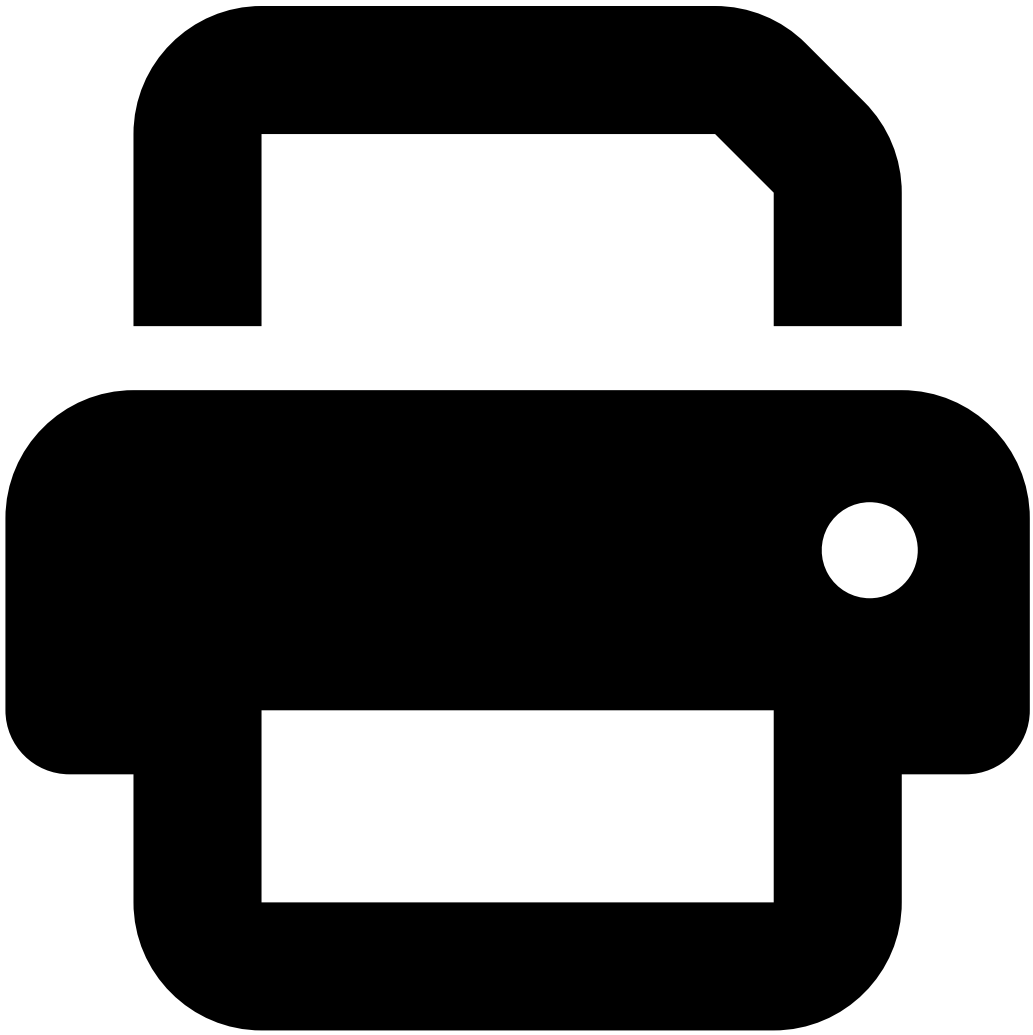
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SMS



There’s something special about Italian Sundays. It’s the day when life slows down, the kitchen becomes the heart of the home, and the smell of sauce simmering on the stove fills the house.

In my family, Sundays and sauce went together like peanut butter and jelly. Sunday sauce wasn’t just dinner—it was a tradition, a time to gather around the table, share a meal, and enjoy being together. It’s the kind of food that brings back memories and connects generations.

My Meatball Sunday Sauce is my easier, more approachable version of that tradition. You still get tender, flavorful meatballs and a rich tomato sauce, but without spending all day in the kitchen. The sauce cooks for about 1½ hours, giving you plenty of time to let the flavors develop while keeping the recipe manageable for today’s home cook.

It’s also a great recipe to make ahead, and like many Italian sauces, it may taste even better the next day. Serve it over your favorite pasta, add some crusty bread, and you have the kind of Sunday meal that brings everyone to the table.

Because Sunday sauce is about more than the sauce—it’s about family, tradition, and making time for the people you love.

Why This Meatball Sunday Sauce Is Perfect for Busy Days

Minimal prep: The ingredients are simple and easy to find, and you don’t need any fancy equipment or complicated techniques.

Easy to assemble: The meatballs come together quickly, and the sauce can be simmering on the stove in about 30 minutes. Then you can let it cook while you get on with the rest of your day.

Make-ahead friendly: Both the meatballs and sauce can be made ahead and refrigerated for up to 3 days or frozen for up to 3 months. Just reheat when you’re ready for an easy homemade meal that tastes like you spent all day in the kitchen.

Versatile: Serve this Sunday sauce over your favorite pasta, spoon it over creamy polenta, or enjoy the meatballs and sauce on their own with plenty of crusty bread for dipping.

Meatball Sunday Sauce doesn’t have to be complicated to feel special. This recipe gives you all the comfort and flavor of a traditional Italian Sunday meal without spending the entire day in the kitchen. Make it ahead, let the flavors develop, and when you’re ready to eat, simply reheat and bring everyone to the table.

If your looking for more authentic easy Italian Recipes try my easy Sicilian Potato Salad (no Mayo) for an easy side dish everyone loves, Or Acqua Pazza “fish in crazy water, or a light healthy dinner that comes together in minutes

Italian Meatball Sunday Sauce with Homemade Meatballs



This Italian Meatball Sunday Sauce is a comforting family-style meal made with tender homemade meatballs simmered in a rich, flavorful tomato sauce. My easy version brings the taste and tradition of an Italian Sunday meal to the table without spending all day in the kitchen.

- 2 eggs
- 1/3 cup milk
- 1 cup day-old bread (crust removed (or 1 cup plain breadcrumbs))
- 1/3 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- 1 Tbsp. finely minced garlic + 1 teaspoon garlic powder
- 1/4 cup finely chopped onion + 1 Tbsp. onion powder
- 1 Lb. lean ground beef
- Salt and pepper to taste

INGREDIENTS FOR THE SAUCE

- 2 Tbsp. olive oil
- 1 small onion
- 1 handful
- Italian parsley
- 3 cloves of garlic
- 2 San Manzano 14 oz. crushed tomatoes
- 1 San Manzano 14 oz. can tomato sauce

- 1 Tbsp. oregano
- 1 cup water from rinsing out the tomato cans
- A few fresh basil leaves
- 1 Tbsp. butter

1. Start by making the sauce. Chop the onion, garlic and Italian parsley into almost a paste. Then in 2 Tbsp. of olive oil over medium high heat saute the paste until soft and fragrant.

2. Add the tomatoes rinse out the cans with a little water and add to the stock pot. Bring to a slow simmer. cover and simmer for 1 hour. In the meantime make the meatballs: Preheat your oven to 375- degrees In a bowl add the eggs, milk, cheese and bread. Let sit for 10 minutes. Then add the rest of the meatball ingredients except for the ground beef and mix until well combined. Then add the ground beef, and mix just until well mixed. With wet hands form the meat into golf size balls. You should have 10 meatballs with this amount of ingredients.
3. Bake the meatballs on a parchment lined cookie sheet for 10 -12 minutes or until just beginning to brown.
4. After the sauce has been simmering for 1 hour. Add the baked meatballs and simmer the Sunday sauce for 1 hour longer. Add 1 Tbsp. of butter for a rich finish, and fresh basil.



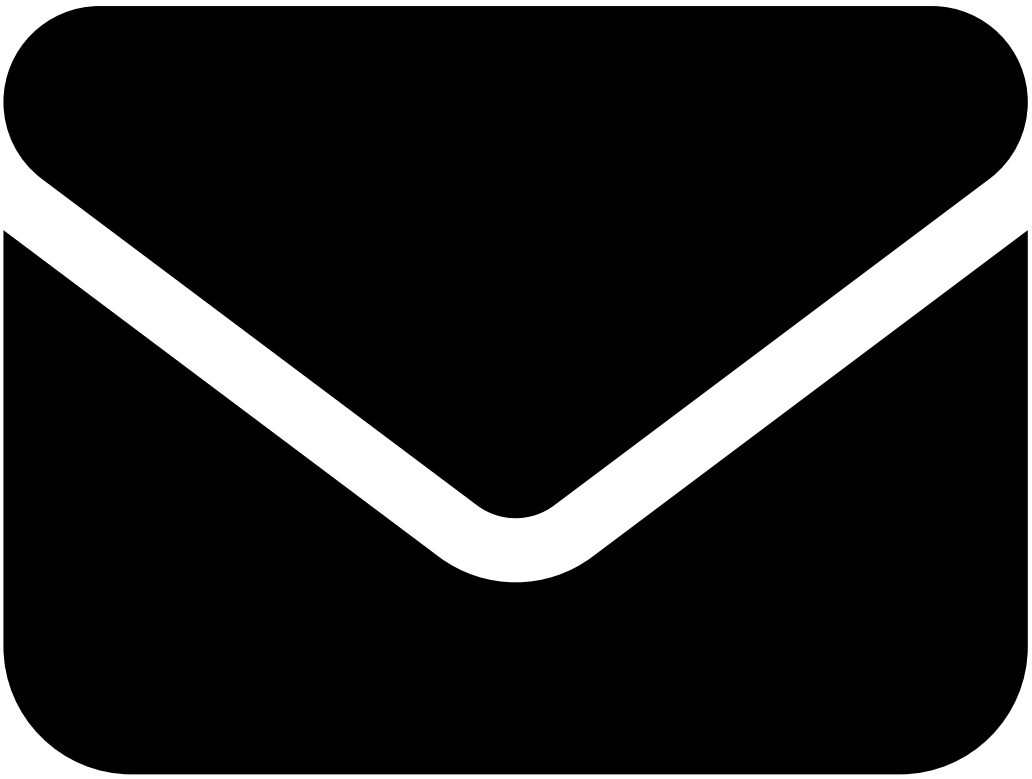
Don’t rush the simmer. The longer the meatballs gently cook in the tomato sauce, the more flavor they add to the sauce. Keep the heat low and let everything simmer gently rather than boiling.
Main Course
Italian
Sunday sauce with meatball

Sausage mushroom sauce polenta

Sausage Mushroom Sauce Polenta

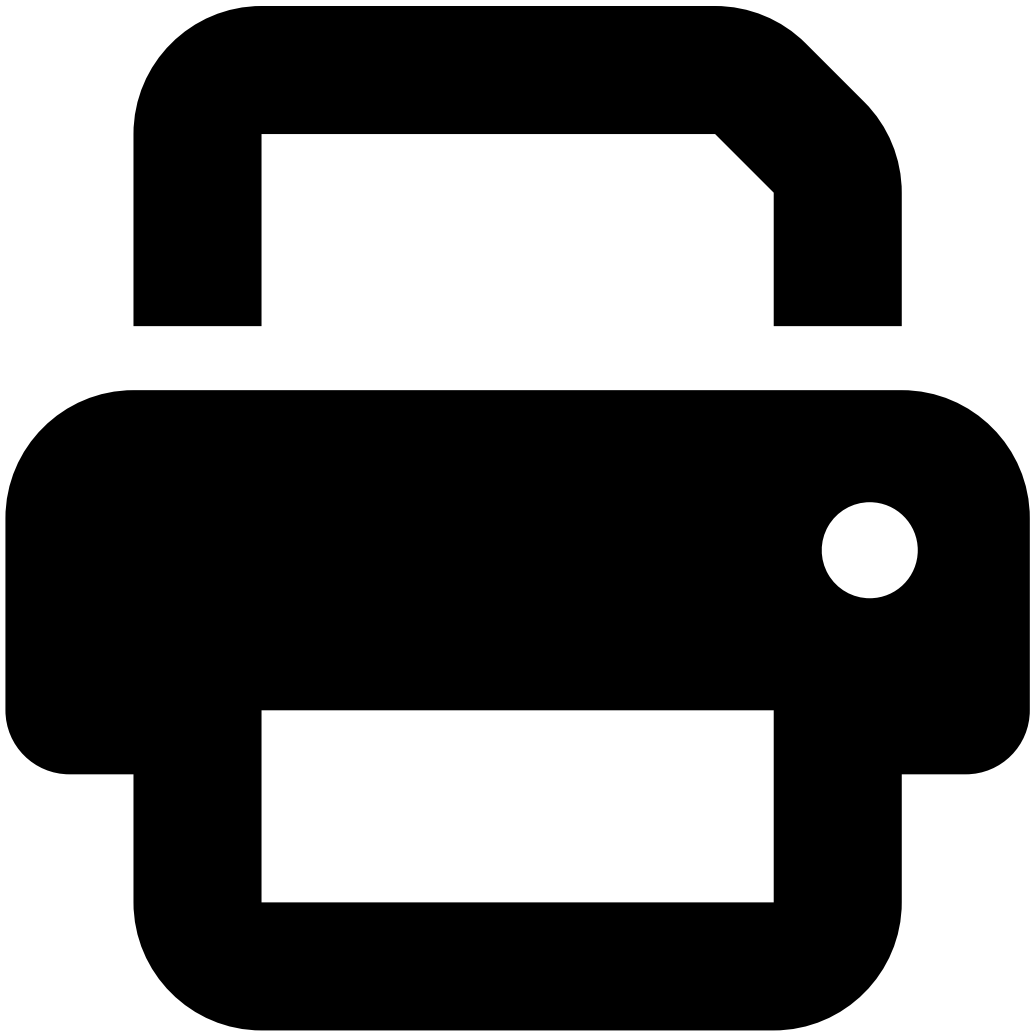
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SMS



If your looking for the ultimate comfort food that’s both hearty and delicious, sausage mushroom sauce polenta is what to make. This dish is the epitome of rustic Italian cooking, blending savory spicy sausage, earthy mushrooms, and velvety polenta into a meal that warms your heart and soul. Whether served as a casual family meal or Saturday night dinner with friends, it’s a guaranteed hit.

Tips for making sausage mushroom sauce polenta

1. Choose the right sausage and mushrooms: When I make this dish i like using spicy Italian sausage for it’s bold flavors, and pairs well with cremini mushrooms. The sausage adds a savory depth, while the earthy mushrooms balance the richness. of course you can use any mushroom that you prefer or mild Italian sausage. A splash of red

wine makes the sauce even more flavorful- trust me, it’s worth it.

2. Slow cooked polenta is key: polenta reminds me of my Italian childhood- it’s comfort food through and through. Stirring the polenta slowly and consistently ensures it turns out creamy and lump-free. Adding parmesan makes it indulgent. the way my family used to enjoy
3. Layer flavors: One trick I learned is to season each layer. Saute the sausage and mushrooms with onion and garlic , then let the sauce simmer gently. This brings out deep, complex flavors that makes this dish delicious and unforgettable. Enjoy every moment while making this- it’s one of those meals where the love you put into it really shines through!!!

Sausage Mushroom Sauce Polenta



- 2 Tbsp. olive oil
- 1/2 lb. sliced cremini mushrooms
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 lb. spicy Italian sausage crumbles
- 1/2 cup red wine
- 2 cups marinara sauce
- salt and pepper to taste

INGREDIENTS FOR THE POLENTA

- 2 cups chicken or vegetable stock
- 1 cup milk
- 1/2 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 cups polenta
- salt and pepper to taste

1. Start by making the sauce in a saute pan over medium high heat, in the olive oil cook the mushrooms until beginning to brown. Then add the onions and garlic and continue cooking until soft and translucent.

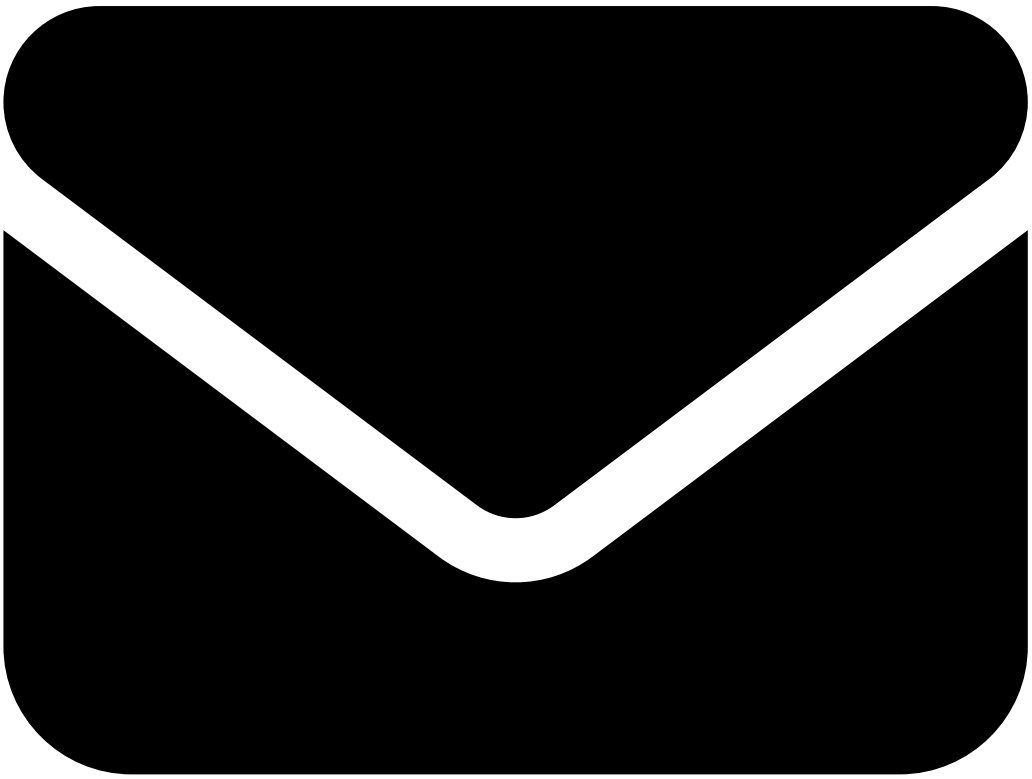
2. Then add in the sausage cook until brown. Deglaze the pan with the red wine, waiting until it evaporates before adding in the marinara sauce and simmer for 15-20 minutes. In the meantime make the polenta.
3. In a sauce pan add the stock and milk. Bring to boil , then lower the heat to a simmer. Slowly add in the cornmeal, stirring continuously. When the polenta begins to thicken about 10 minutes , add in the grated parmesan, parsley, salt and pepper. Adjust the consistency, if to dry add more stock. It should be the consistency of mash potatoes. Add in the Italian parsley. Continue cooking for 5 minutes longer.
4. Spread the polenta on a platter top with the sausage mushroom sauce top with additional parmesan top with chopped Italian parsley.

Italian Stracotto Italian pot roast

Italian Stracotto Pot Roast

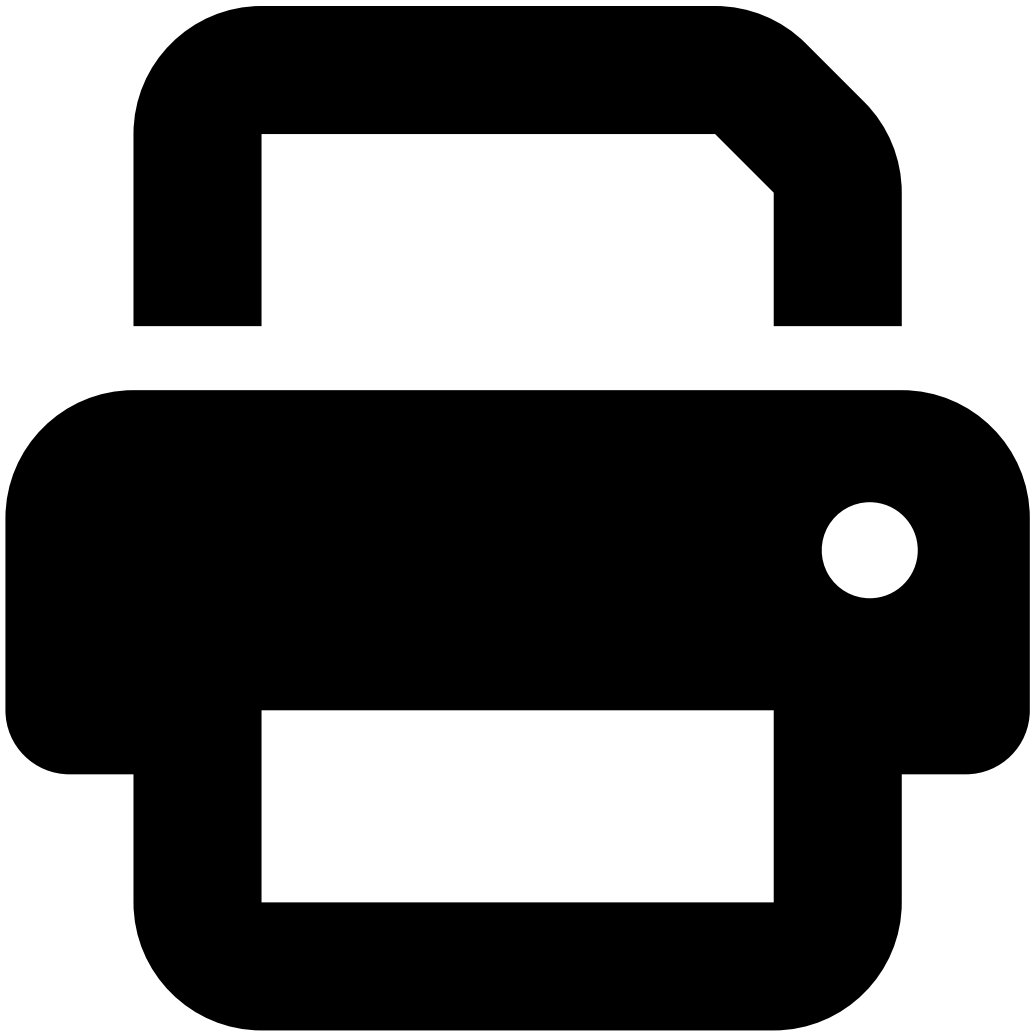
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SMS



Italian Stracotto pot roast is a recipe common in most regions of Northern and Central Italy. Stracotto which translates to overcooked in Italian is a tender, slow cooked pot roast. It’s the kind of dish the fills your kitchen with that irresistible warm aromas , drawing everyone to the table in anticipation.

Unlike a typical roast that might be seared and cooked quickly, stracotto embraces the art of slow cooking. The result is a piece of meat so tender it practically melts in your mouth, full of deep , rich flavors of the cooking liquid. Traditional make with cuts of beef chuck or beef brisket that thrive in a long, slow braise. It’s the kind of meal that brings people together, the kind you linger over with a glass of wine and good conversation.

Why I love this Italian Stracotto pot roast

This recipe is so lovable because it’s a perfect blend of simplicity, tradition and comfort. Stracotto celebrates the art of slow cooking where time transforms humble ingredients into something extraordinary. The tender beef, infused with flavors of wine, herbs and tomatoes feels like I am a little girl in my mothers kitchen.

What I like most is how easy and versatile this pot roast recipe is. With just 15 minutes of prep time and 3 hours of cook time you have a meal that’s steeped in tradition and it’s delicious. Not only is it easy to make it’s versatile too. You can serve it with polenta, mashed potatoes or even pasta to soak up the rich savory sauce.

For me Italian stracotto pot roast isn’t just a meal , it’s a connection to family, tradition, and the simple joys of Italian cooking. Every bite has the flavors of my childhood , and I love that it can create those same cherished memories for others. Whether served on a special occasion or as a hearty Sunday dinner, Italian stracotto pot roast is a timeless recipe that showcases the warmth and love of Italian cooking. Try it for yourself, and let me know your experience with this recipe. I love hearing from you and it helps others .

Italian Stracotto Pot Roast



Italian Stracotto Pot Roast is a classic Italian comfort food made with tender beef slowly braised in red wine, tomatoes, and aromatic vegetables. The beef becomes melt-in-your-mouth tender while the sauce develops rich, savory flavor. Serve this Italian pot roast with creamy mashed potatoes, polenta, or crusty bread for a delicious Sunday dinner.

- 3-4 Lbs. chuck roast
- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 Tbsp. minced garlic
- 1 cup each chopped onion+ carrots + celery
- 1 cup red wine
- 3 cups beef broth
- 1 14 oz. can crushed tomatoes
- a few sprigs of rosemary (thyme and a few bay leaves)
- salt and pepper to taste

1. Start by salt and peppering the meat. Then in a dutch oven in the olive oil over medium high heat sear the meat on all sides.

2. Remove and in the same pot add the pancetta and cook until crisp . then add in the carrot, celery and onions and cook until soft and translucent.
3. deglaze the pan with the red wine waiting until in evaporates before adding the beef stock. Then add in the stock, marinara sauce , the herbs and return the meat back to the dutch oven.

4. Simmer covered for 2 1/2 -3 hours or until the meat is fork tender.

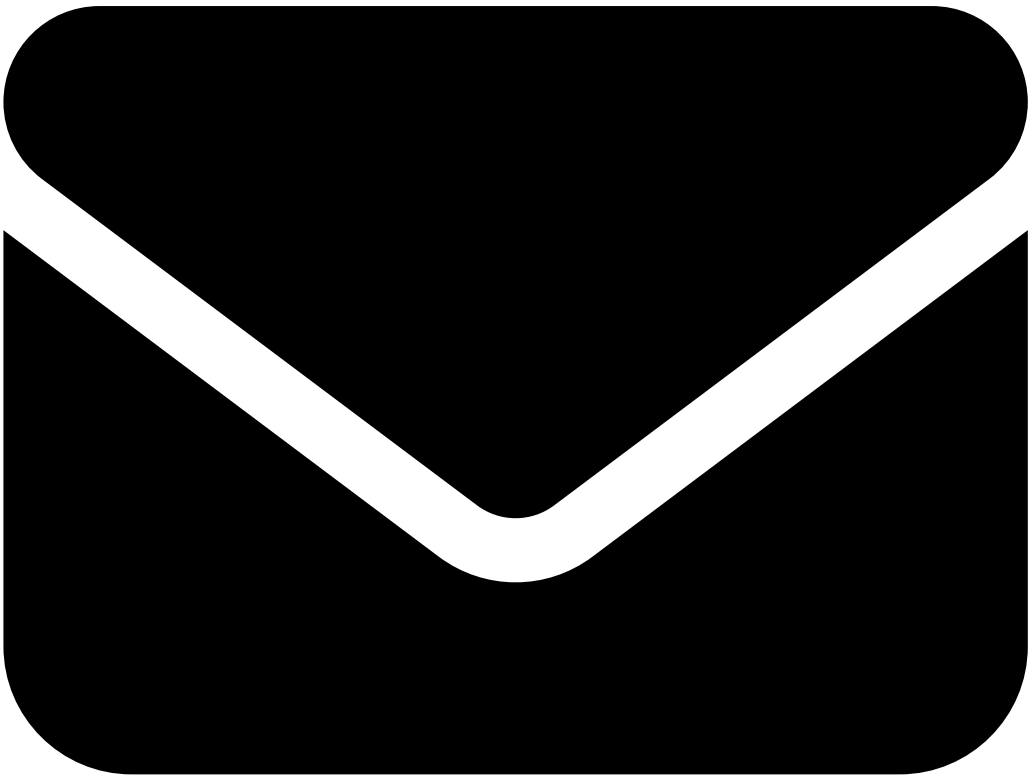
Take your time browning the beef on all sides. That’s where the deep flavor starts. Let the roast cook low and slow until it’s fork-tender, and don’t rush it. The sauce is just as delicious as the beef!
Main Course
Italian
Italian stracotto pot roast,

Italian baked stuffed eggplant

Italian Baked Stuffed Eggplant

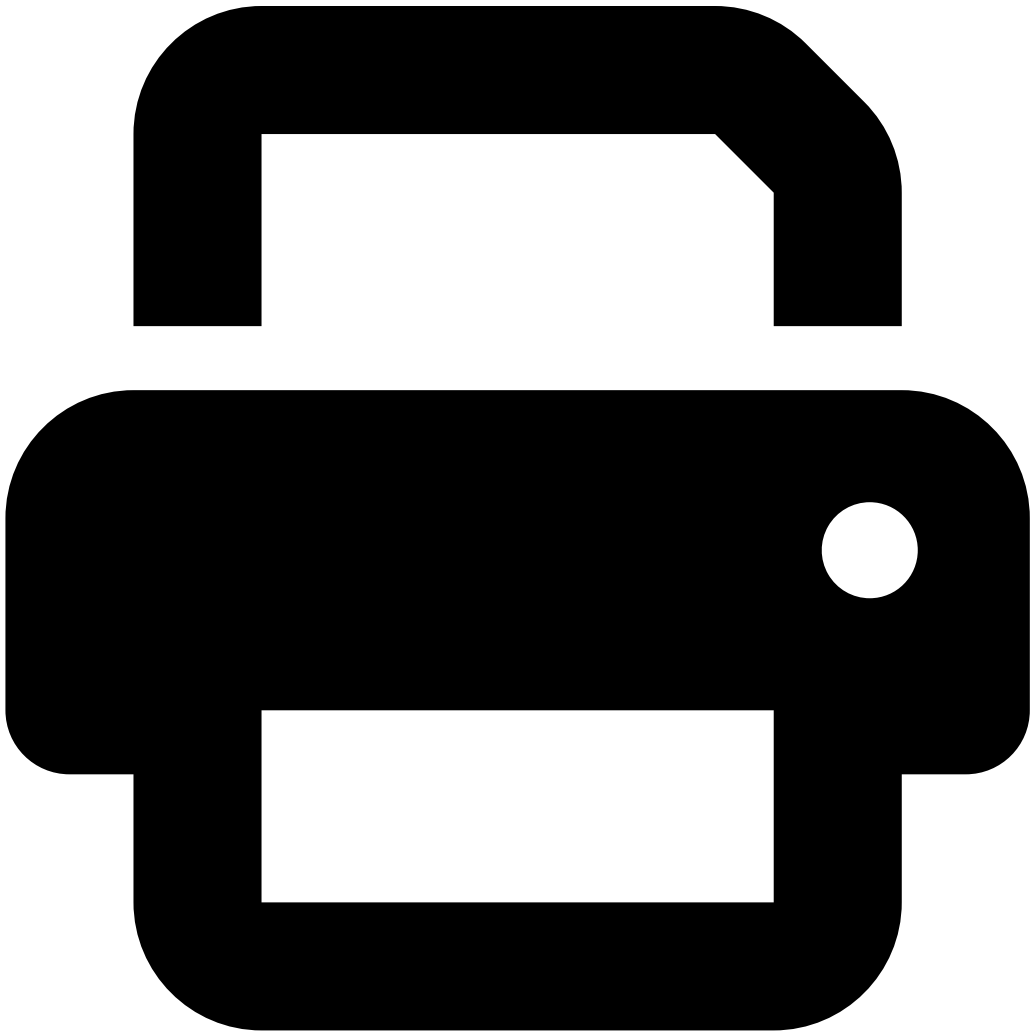
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When I was growing up , my mother would make this incredible Italian baked stuffed eggplant. It was one of those dishes that filled the house with the warm, familiar comforting aromas of garlic, herbs and bubbling cheese. For her it wasn’t just about creating a meal, it was about bringing the family together.

I still remember standing on tiptoes to peek into the kitchen watching her scoop out the eggplants with such precision that even as a child somehow I knew she had done it many times before. She always said the secret was in the balance of the ingredients- the sweetness of the roasted eggplant, the heartiness of the Italian sausage and the creaminess of the cheese. It was a dish that transformed humble ingredients into something delicious.

Today , I’m sharing my mother’s recipe with a few modern twist of my own. This dish is my way of keeping those cherished memories alive and sharing them with my own family – and now

with you.

Tips for an easier Italian baked stuffed Eggplant recipe

1. Use small eggplant: Opt for baby eggplant or smaller globe eggplants. They require less scooping and cook faster.
2. Skip the Pre- salting: Modern eggplants are usually less bitter, so you can skip salting them to save time.
3. Pre-cook the eggplant shells: Roast the hollowed -out eggplant halves before stuffing. This softens the flesh reducing cook time.

Simplify the filling: Use pre- cooked or leftover rice. Also this Italian stuffed eggplant recipe can be made ahead of time making it the perfect option for busy schedules or holiday entertaining. To prepare in advance, assemble the stuffed eggplant by hollowing them out, preparing the filling and stuffing the shells. Cover and store the assembled eggplants in the refrigerator up to a day ahead. When ready to cook, transfer them to baking dish cover with foil and baking as directed, adding a few extra minutes if baking directly from the cold refrigerator.

Storage

Store leftover stuffed eggplant in an airtight container in the refrigerator for up to **3–4 days**. Reheat in a 350°F oven until heated through. You can also microwave individual portions, although the oven will give you a better texture.

What to Serve With It

- Simple Italian green salad
- Crusty Italian bread
- Garlic bread

- Pasta with marinara

Roasted vegetables

More Italian Main Courses

Looking for more Italian-inspired dinner ideas? Take a look at my **Main Courses** for easy, comforting recipes made for home cooks.

Chicken Marsala– Tender chicken in a rich, savory mushroom and Marsala sauce. A restaurant favorite that’s easy to make at home.

Chicken Fettuccine Alfredo – Creamy, comforting pasta with tender chicken and a silky Alfredo sauce. A family-friendly dinner that comes together in under 30 minutes.

Sunday Meatball Sauce – A hearty Italian-American sauce made with sausage, pork, and Mama’s meatballs. Perfect for a Sunday dinner with pasta and plenty of crusty bread.

A few simple tools make preparing this recipe easier. Here are some of the kitchen essentials I use:

- **Baking Dish** – Perfect for baking the stuffed eggplant evenly.
- **Chef’s Knife** – A sharp knife makes cutting and preparing the eggplant much easier.
- **Cutting Board**– A sturdy board for prepping your vegetables and ingredients.
- **Measuring Cups & Spoons**– Helpful for getting your ingredients just right.

Italian Baked Stuffed Eggplant



Italian Baked Stuffed Eggplant is a hearty, comforting dish made with tender eggplant filled with a savory Italian-style mixture and baked until golden and delicious. It’s an easy meatless dinner that brings simple Mediterranean flavors to the table.

- 4 small eggplant
- 3 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 small chopped onion
- 2 Italian sausage links casings removed
- 2 cups cooked rice
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- 1 cup shredded mozzarella
- 2 cups marinara sauce

1. Pre heat your oven to 400- degrees
2. start by cleaning the eggplant. Then cut in half with a paring knife remove the flesh from the eggplant being sure to not to cut through the skin. Then drizzle with half the olive oil. salt and pepper to taste.
3. Pre bake the eggplant shells in a preheated 400- degree oven for 12-15 minutes. or until softened.
4. In the mean time prepare the filling. In a large saute

pan in the remaining olive oil cook the onion and garlic until soft and translucent. Then add in the sausage and cook until brown. Breaking it up as you go.

5. Remove from the fire and mix in the cooked rice, egg, half of the grated parmesan , one cup of the marinara, egg, parsley, salt and pepper. Mix well.
6. Divide the filling among the prebaked eggplant shells top each one with the remaining marinara , grated parmesan and the shredded mozzarella.
7. Re bake the filled eggplant for an additional 15 minutes. Turning on the broiler the last 5 minutes. Top with additional fresh Italian parsley.

Choose eggplants that feel firm and heavy for their size. If you’re using larger eggplants, you can lightly salt the cut side and let them sit for about 15 minutes before patting them dry. This helps remove excess moisture before baking.

Main Course

Italian

Italian baked stuffed eggplant, s