

Italian Spezzatino beef stew

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

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

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

What I used to make this Italian spezzatino beef stew

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

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

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

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

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

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

Ingredients

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

Instructions

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

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This Italian Broccoli Beef pasta is a simple recipe that comes together in about thirty minutes and versatile too. It can work with different combinations of ingredients

For instance if you don't like beef you can use chicken and if you hate broccoli you can use spinach. You can also use white wine, chicken or vegetable broth for another depth of flavor, customize the ingredients to fit your life style and taste.

My favorite has always been the combination of broccoli beef. Tender strips of thinly sliced sirloin sauteed in a simply garlicky, olive oil sauce then tossed with crisp tender broccoli makes this a recipe you're going to love.

Delicious on its own with a simple salad or toss in some pasta or rice for a complete meal everyone will love.

Tips When Making Italian Broccoli Beef pasta

When sauteing the beef for this Italian Broccoli beef the pan and oil need to be smoking hot, you need to hear the sizzle.

If you're using pasta save some of the pasta water is a flavor and thickening agent, because of its starch content. You can use white wine, chicken or vegetable broth for another depth of flavor, always options my recipes to fit your life style and taste

The idea is to have fun experimenting with different ingredients until you come up with something that taste good to you. Everyone has different taste buds, that is why i don't give you measurements for salt and pepper. I personal don't like a lot of salt and I am of the mind set that you can always add more but it's difficult to correct over salting. It can be done in soups and other foods that have a liquid base.

Here's how you correct over salting, add a potato cut in half to the pot. The potato absorbs some of the salt but doesn't correct it completely. So when it comes to salt less is always better.

Unless your talking about basil and garlic, then there is no set amount that's something you measure with your heart...Happy cooking!!!!

If you make this please leave me a comment and don't forget to tag me on Instagram I love seeing your creations and hearing your experience , It's my favorite part!!!!

Ingredients

- 1/2 lb papparadella
- 1/2 lb sirloin strips
- 1/2 lb broccoli florets
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 1 15 oz. can tomato sauce
- 1 15 oz. can chopped tomatoes
- 1 cup reserved pasta water
- 2 Tablespoons each Italian parsley, basil and thyme
- 1/2 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook Pasta according to package directions reserving 1 cup of the water before draining
 2. In a large saute pan with 2 tablespoons each of butter and olive oil on medium high heat saute the onion and garlic until tender and just beginning to brown
 3. Salt and pepper the steak add to the saute pan and cook until golden brown
 4. Add both cans of the tomatoes, and reserved pasta water
 5. Simmer covered 20 minutes
 6. Add the broccoli and herbs simmer 10 minutes longer
 7. Toss the Papparadella with the broccoli beef sauce
 8. Sprinkle with the grated Parmesan and ENJOY!!!!
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Meat stuffed Honeynut squash

Meat stuffed honeynut squash

This meat stuffed Honeynut squash is filled with lean ground beef, rice and cheese. You will love how easy it is to make this dish and love the sweet natural flavor of honeynut squash.

Ok, I know your thinking " what actually is a honeynut squash? Although it looks like a miniature butternut squash it is not. The honeynut squash is it's own variety. It is a cross between the buttercup and butternut squash. The small size makes it perfect for stuffing. They started showing up at Trader Joe's a few years ago at this time of year. In fact it

was the first place I found them at the grocery store instead of just the farmers markets.

Variations for these meat stuffed honeynut squash

I thought a hearty savory filling would go well with the the sweet honey flavor of honeynut squash. If your not a fan of ground beef or you just want to change it up spicy or mild Italian sausage works in this recipe.

Another variation: the rice can be replaced with orzo and if you want to go the vegetarian route leave the meat out and add vegetables that fit your taste. This meat stuffed honeynut squash recipe is a perfect make ahead recipe and it's freezer friendly.

If you make this recipe please leave me a comment. I love hearing from you It's my favorite part!!!

Ingredients

- 3 honey nut squash
- 2 cups cooked rice
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 lb. lean ground beef
- 2 cups marinara sauce divided
- 1 1/2 cups grated parmesan
- 1/2 cup chopped Italian parsley

Instructions

1. Start by washing the the squash and drying. Cut the squash in half remove the seeds. Drizzle with olive oil,

Italian herbs salt and pepper to taste. Then roast in a preheated 375-degree oven for 20 minutes.

2. Mean while make the filling by sautéing the garlic and onion in 4 Tbsp. of olive oil until soft and just beginning to brown. Then add the ground beef and brown. salt and pepper to taste. add 1 cup of marinara sauce and 1/2 cup of chicken stock simmer 10 minutes take it off the fire. Then mix in 1 cup of the parmesan cheese, Italian parsley and the cooked rice.
3. Fill the prebaked squash half with the stuffing. top each one with the remaining marinara and grated parmesan and bake for 15 minutes or until the cheese is bubbly and beginning to brown. Top with more freshly chopped Italian parsley. ENJOY!!!

Mama's best Italian meatballs

Mama's best Italian meatballs

Mama's best Italian meatballs are a delicious blend of rich savory flavors that bring back Italy and childhood memories. Made with a mix of ground beef, veal and pork, these meatballs are seasoned with a blend of garlic, fresh Italian parsley and parmesan cheese. Bread crumbs and eggs add the tender and juicy texture.

Simmered in my easy marinara sauce, Mama's meatballs are prefect for serving over pasta in a sub or as an appetizer.

Here are some tips for making Mama's meatballs

1. Choose the right meat: A mix of ground beef, and pork for a good balance of flavor and moisture.
2. Don't over mix: Mix the ingredients just until combined. Over mixing can make the meatballs dense and tough.
3. Soak the bread: soak the breadcrumbs in milk before adding to the meat mixture. This helps to keep the meatballs soft.
4. Use a light touch: when forming the meatballs , handle them gently and don't pack them too tightly.
5. When prebaking meatballs, less is more. Bake them just until they **begin to turn golden brown**—this helps them hold their shape while staying tender and juicy once they simmer in sauce. Use a **rimmed cookie sheet lined with parchment paper** for even browning and easy cleanup.

Storage Options

- **Refrigerator:** Store cooled meatballs in an airtight container for up to 4 days. Reheat gently in marinara sauce on the stovetop.
- **Freezer:** Place cooked or parbaked meatballs on a baking sheet to freeze individually, then transfer to a freezer-safe bag or container. They'll last up to 3 months. Reheat straight from frozen in sauce until warmed through.
- ☐ Love a hearty pasta night? Try my Meatball Sunday Sauce or pair these with Classic Italian Wedding Soup.

Ingredients

- 1 lb. lean ground beef (85-15)
- 1/2 lb. ground pork
- 2 large eggs slightly beaten
- 3/4 cup milk
- 1 cup day-old bread, crust removed (or 1 cup plain breadcrumbs)
- 1/2 cup grated parmesan cheese
- 2 Tbsp. minced garlic
- 1 Tbsp. onion powder
- 1/2 cup Italian parsley
- salt and pepper to taste

Instructions

1. In a bowl add the milk and bread let it sit for 10 minutes or until the milk is fully absorbed. Then add the rest of the ingredients up to the meat. Mix until well combined. Then add the meats and mix just until combined.
2. With wet hands roll the meatball mixture into golf size balls.
3. Place the meatballs on a lightly greased cookie sheet and bake in a preheated 375-degree oven for 10 minutes.
4. Simmer the meatballs in my easy marinara sauce for 1 hour.

Italian pan chicken dinner

Italian pan chicken dinner

It's no secret that I'm a big fan of easy meals, especially the ones that come together in less than 30 minutes.

This Italian easy pan chicken dinner with zucchini combines chicken breast, zucchini, and tomatoes with classic Italian flavors.

The tomatoes, zucchini, and herbs combine to create a delicious pan sauce for the chicken breast the whole family will love, and you will feel good serving your family a delicious healthy meal.

Made with just a few simple easy to find ingredients, this recipe works well with chicken thighs too!

Why You will love this Italian pan chicken dinner

It's fast: it takes less about 20 minutes to cook and a few minutes to chop everything up.

It's healthy and nutrient: packed with protein and good for you vegetables. Ingredients your whole family will love

Easy to make: Sauté the chicken saute the vegetables combine everything together and dinner is ready.

I'm using a 12 inch no-stick saute pan in this recipe.

Ingredients

- 3 skinless boneless chicken breast
- 1 cup flour
- Salt and pepper
- 4 Tbsp. olive oil

- 2 Tbsp. minced garlic
- 1/2 cup chopped shallots
- 2 cups cherry tomatoes
- 1 cup white wine or vegetable stock
- Juice from one lemon
- 2 cups sliced cherry tomatoes
- 2 medium diced zucchini
- 2 cups chopped spinach
- 1/2 cup kalamata olives
- 1 Tbsp. each oregano and Italian parsley
- 1/2 cup feta cheese

Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
 2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
 3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside
 4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes or until the zucchini is fork tender.
 5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
 6. Plate the zucchini sauce top with the chicken breast, sprinkle with the feata cheese and Italian parsley and ENJOY!!!!
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Meaty eggplant rollatini

Meaty Eggplant rollatini

You will fall in love with the flavors of this meaty eggplant rollatini, also known in Italy as involtini di melanzane.

This old school Italian meat filled eggplant recipe is still a family favorite and an ultimate comfort food.

There are as many variations of this stuffed eggplant recipe as there are people that make it. In this meat version roasted eggplant is stuffed with a delicious meat and spinach filling, rolled, and baked in marinara sauce with a topping of grated cheese.

variations for this Meaty eggplant rollatini recipe

One variation is you can replace the ground beef in this recipe with ground Italian sausage, or for a healthier version ground turkey or chicken.

Tips for all variations

1. eggplant preparation: Slice the eggplant lengthwise about 1/4 inch thick salt and let sit weighted down for 30 minutes rinse and pat dry before grilling or baking until tender before filling.
2. Assembly: Spread a thin layer of filling on each eggplant slice and roll tightly.
3. Baking: cover with your marinara sauce and bake covered until bubbly and golden!!!
4. Shop the picture White ceramic quiche dish
5. Stainless steel oil can

Ingredients

- 2 medium eggplants
- 1 lb. lean ground beef
- 1 cup bread crumbs
- 1 egg
- 1 cup milk
- 1 cup grated parmesan cheese
- 3 Tbsp. chopped Italian parsley
- 1 cup thinly chopped spinach
- salt and pepper to taste
- 4 cups marinara sauce

Instructions

1. wash and dry the eggplant peel in strips and cut horizontal into thin slices.
2. Salt the thinly slice eggplant place in a colander and weigh down with cans for at least thirty minutes. Then rinse and pat dry . roast the eggplant in a preheated 375- oven for 15 minutes,
3. Make the filling in a bowl add the bread crumbs, milk, egg, parsley and the parmesan cheese. Salt and pepper to taste and mix well. let set for 10 minutes before adding the ground beef and mixing just until well combined.
4. Add 2 tablespoons of the meat filling and roll jelly roll style. line a round quiche dish with 2 cups of the marinara, then add the eggplant rolls, standing them up to create a pretty pattern. top with the remaining marinara sauce sprinkle heavily with grated parmesan cheese. Bake in a preheated 375- degree oven for 20 minutes or until the meat filling is cooked through, but not overcooked. ENJOY!!!

Chicken tenders Tuscan style

Chicken tenders Tuscan Style

Juicy, golden seared chicken tenders coated in a easy creamy sauce with tomatoes and spinach. This chicken tenders Tuscan style is a recipe so good you should put a star on it and save it in your treasured recipe box.

Chicken recipes can have the potential of becoming boring and repetitive, but not this Tuscan flavored chicken dish.

Its sure to impress large crowds of family and friends, with menial time and effort.

Tips for success when making chicken tenders Tuscan style

One: Be sure the chicken is well seasoned. Chicken can be bland. Seasoning it well and let it marinate while making the sauce allows the flavors to penetrate the eat.

Two: Opt for fresh tomatoes, and high quality olive oil to enhance the Tuscan flavors. Fresh tomatoes, garlic and spinach significantly elevate this chicken recipe.

And three: Don't overcook the chicken tenders. Cook over medium high heat until golden brown but still juicy. When returned to the pan don't cook longer than 5 to 7 minutes. Overcooking can make the tenders dry and tough,

Ingredients

- 2 lbs. cleaned chicken tenders
- 1 tablespoon each onion, garlic and paprika powder
- 1 Tablespoon oregano
- 2 Tablespoons olive oil
- 3 Tablespoons butter
- 2 Tablespoon minced garlic
- 1 cup white wine
- 2 cups chopped tomatoes
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan cheese
- 4 cups chopped spinach

Instructions

1. Season the cleaned chicken tenders with the onion, garlic. and paprika powder. salt and pepper to taste
 2. In a saute pan over medium high heat sear the chicken on all sides. Remove and set aside
 3. In the same pan the butter and garlic saute until soft and translucent.
 4. Deglaze the pan with the wine waiting until evaporated before adding the chopped tomatoes.
 5. Then add the chicken stock and heavy cream simmer until the sauce thickens, about 15 minutes.
 6. Add the spinach and return the chicken to the pan and simmer 5 minutes longer.
 7. Finish with chopped Italian parsley and ENJOY!!!!
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Chicken Meatball Soup Recipe

Chicken Meatball Soup recipe

This Chicken Meatball Soup recipe is a hearty soup filled with nutritious and delicious ingredients. Each slurp is filled with bold Italian flavors, everyone likes.

Tasty and healthy ground chicken meatballs, good for you vegetables, and pasta in a light tomato broth makes this soup is a family favorite. Sometimes it's hard to find a meal everyone likes, this is one of those soup recipes that everyone likes. And you will feel good about serving your family a good for you meal.

Here's 3 Prep Plan Tips When Making This Chicken Meatball Soup Recipe

Don't let the looks of this Chicken Meatball Soup recipe intimidate you. If you have a prep plan this soup recipe can be on your table in 30 minutes.

Start by making the meatballs, you can make them one day ahead of time, or weeks ahead of time and keep them frozen after baking, in freezer friendly containers.

Second I bake the meatballs in my Toaster oven/air fryer for a quicker and more affordable bake, than turning on my large wall ovens.

And third you can make the whole recipe ahead of time and freeze it for ready made meals. In fact purposely double the recipe for during the week lunch reheats.

Just one more thing, please leave me a comment if you make

this recipe and please don't forget to tag me on Instagram. I love hearing from you!!!!

Ingredients For The 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
- **For the Soup**
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 2 cups chopped spinach
- 1 14.5 can crushed tomatoes
- 2 cups chicken broth
- 2 cups water
- 2 cups dry small tube pasta
- Salt and pepper to taste
- 1 cup grated parmesan cheese

Instructions

1. Turn oven to 375 degrees
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don't over mix
4. With damp hands roll into small size balls
5. Bake in a preheated oven 10 minutes set aside
6. Meanwhile in a medium stock pot saute the onion and garlic until tender and just beginning to brown

7. Add the carrots and celery saute until tender
 8. Add the tomatoes, chicken broth and water
 9. Simmer covered 30 minutes
 10. Return the meatballs to the soup add the pasta and spinach simmer 5 minutes longer
 11. Adjust seasonings sprinkle with parmesan
 12. ENJOY!!!!
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Peperonata sauced Chicken breast

Peperonata Sauced Chicken Breast

Not only is this peperonate sauced chicken breast recipe delicious it's easy to make. I used skinless boneless chicken breast. You can use whatever part of the chicken fits your lifestyle and taste.

By using boneless, skinless chicken breast and my premade marinara sauce which I always have on hand, this Italian chicken recipe can be on your table in less than 30 minutes.

Customize this Peperonata sauced chicken breast recipe

This peperonate sauced chicken breast recipe isn't set in stone. You can customize this chicken recipe really easy.

For instance most of you know I don't drink alcohol. Although am okay cooking with alcohol some people are not. So there is an option in most of my recipes to use wine or stock.

Another way to make this Italian flavored chicken recipe your own is to use boneless chicken thighs.

One more thing, if you want to make this peperonata sauced chicken breast a complete meal cook your favorite shaped pasta and toss in the peperonata sauce. If your going to use this Italian bell pepper sauce for a pasta sauce double all the ingredients except for the chicken breast. Also be sure your saute pa is big enough and deep enough. Here is a link to one of my favorite deep saute pan.

Lastly please leave me a comment if you make this. I love hearing from you. It's my favorite part!!!

Ingredients

- 4 Chicken breast
- 2 Tablespoons olive oil
- 1 chopped yellow onion
- 1 Tablespoon minced garlic
- 1 diced red bell pepper
- 1 diced green bell pepper
- 2 cups cherry tomatoes
- 1 cup white wine or chicken stock
- 2 cups marinara sauce
- 1 Tablespoon Italian parsley
- 1 tablespoon mixed Italian herbs
- Salt and pepper to taste

Instructions

1. cut the chicken breast in half if thick
2. Salt and pepper the chicken

3. In 2 tablespoons of olive oil saute the chicken until brown on both sides
 4. Add the onions, garlic and cherry tomatoes saute until just beginning to brown
 5. Add the bell peppers saute 5 minutes
 6. Deglaze the pan with 1 cup of chicken stock or white wine simmer until absorbed
 7. Add the marinara sauce simmer 15 minutes longer
 8. Plate the chicken pour the peperonata sauce over the top. ENJOY!!!
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Béchamel Steak Pasta bake

Béchamel Steak Pasta Bake

Nothing is better than this Béchamel steak baked pasta casserole, smothered in creamy bechamel sauce.

Really though, this is the prefect pasta bake recipe for this time of year.

Growing up in the hills of Tuscany any baked pasta was my favorite.

My Mom's pasta bakes were simple and delicious. This dish brings back memories, from when I was a kid hanging around the kitchen counter, tasting whatever Mom was cooking.

No offense Mom, but I've gourmet it up a bit. I love my creamy, cheese filled, béchamel smothered casserole,

Sometimes you have to put a new twist on an old classic to fit your lifestyle and taste. I kicked it up a notch by using

Béchamel sauce instead of Moms' classic marinara .

Things to know about Bechamel sauce for this steak rigatoni pasta bake

The Bechamel sauce in this steak rigatoni pasta bake is not difficult to make, but you do need to pay attention. For success don't leave the stove unattended, the sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering.

I used rigatoni and rib eye steak, like most of my recipes you can customize them to your lifestyle and taste.

This recipe works well with chicken, or if your going the vegetarian route leave out the meat and double up on the mushrooms and spinach.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal prefect for holiday entertaining, or if you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to. This 13 x 9 covered white casserole dish goes from oven to table, to limit the pots and pans in the sink.

The extra bonus with casserole meals, your quest can serve themselves. Set out these festive dinner napkins to set a holiday mood.

Serve this Bechamel steak pasta bake with a simple salad and crusty bread for a complete Holiday meal everyone will love!!!

If you make this Becamel rigatoni bake, be sure to leave me a comment. I love hearing from you It's my favorite part!!!!

Ingredients

- 1 lbs. rigatoni
- 1/2 lbs. chopped rib eye steak
- 1/2 lbs. sliced mushrooms
- 3 cups chopped spinach
- 1/2 cup chopped sun dried tomatoes
- 1/2 stick of butter
- 2 tablespoons olive oil
- 1/2 chopped onion
- 1 tablespoon chopped garlic
- 1/4 cup flour
- 2 cups milk
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 cups grated parmesan
- 1 cups shredded mozzarella
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

Instructions

1. Cook rigatoni el dente saving 1 cup of the water
2. Heat the olive oil in a deep saute pan to medium heat
3. Add onion and garlic saute until tender and just beginning to brown
4. Add the mushrooms and steak saute until brown
5. Add spinach and sun dried tomatoes salt and pepper to taste
6. Remove meat mixture from pan wipe clean
7. Melt butter in the same pan
8. Stir in flour whisking continuously
9. Slowly whisk in milk, chicken stock, reserved pasta water, salt, pepper and nutmeg
10. Simmer on low heat 10 minutes stir to prevent browning

11. Return meat mixture to Bechamel
12. Add rigatoni and parmesan cheese pour into a 9 x 13 covered casserole dish
13. Top with the mozzarella cheese
14. Bake in a 375 degree oven until golden and bubbly about 30 minutes.....ENJOY