

Spicy sausage and broccoli Shells

Spicy Sausage and Broccoli Shells

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Spicy sausage and broccoli shells is a classic Italian pasta dish that's so easy to make. You'll love that this hearty meal comes together in less than 30 minutes and uses just a handful of ingredients you probably have on hand. It's the perfect weeknight family meal when you want Italian and easy too. It's a delicious easy recipe , combining savory , spicy Italian sausage, crisp broccoli and el dente cooked pasta in a delicious pan sauce packed with flavor , this sausage, broccoli pasta recipe is the ideal meal for busy nights.

Why You'll love this spicy sausage and broccoli shell recipe

Quick and easy: Ready in less than 30 minutes, this sausage and broccoli pasta dish is perfect for busy weeknight family meals. Few ingredients and simple steps means it's as easy as it is delicious.

Bold and savory flavors: The sausage brings a robust, spicy kick, perfectly balanced by the earthy bitterness of the broccoli.

Nutritious and filling: With the protein from the sausage, fiber and vitamins from the broccoli, and the satisfying carbs from the pasta, this dish is filling and packed with good for you ingredients.

Customizable: You can easily customize this pasta recipe by controlling the spice level by choosing a mild, medium or hot sausage or even add or subtract the red pepper flakes. And of course the pasta shape is always optional, although I prefer a short pasta shape, you can use whatever shape fits your taste.

Family- friendly: It's one of those dishes that both kids and adults will enjoy, and you can sneak in extra veggies without much fuss.

This is the kind of meal that's simple enough for weeknight meals, but flavorful enough for Saturday night dinner with friends.

Spicy Sausage and Broccoli Shells



- 1/2 Lb. pasta
- 4 cups trimmed broccoli florets
- 2 links spicy Italian sausage casings removed
- 3 Tbsp. olive oil

- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 Tbsp. red pepper flakes
- 1 cup chicken stock
- 2 cups pasta water
- grated parmesan cheese

1. Start by cooking your pasta el dente reserving 2 cups of the pasta water.
2. In the mean time make the sauce in the saute pan over medium high heat in the olive oil saute the sausage until beginning to brown before adding the garlic and onion saute until the onion and garlic are soft and fragrant. Deglaze the pan with the chicken stock waiting until it evaporates before adding the pasta water. Then simmer the sauce until it thickens, about 15 minutes.
3. Add the el dente cooked pasta. Then in the same pasta water cook the broccoli until fork tender. Mash some of the broccoli and add to the pasta. Adjust your seasoning. Top with grated parmesan cheese and Italian parsley.

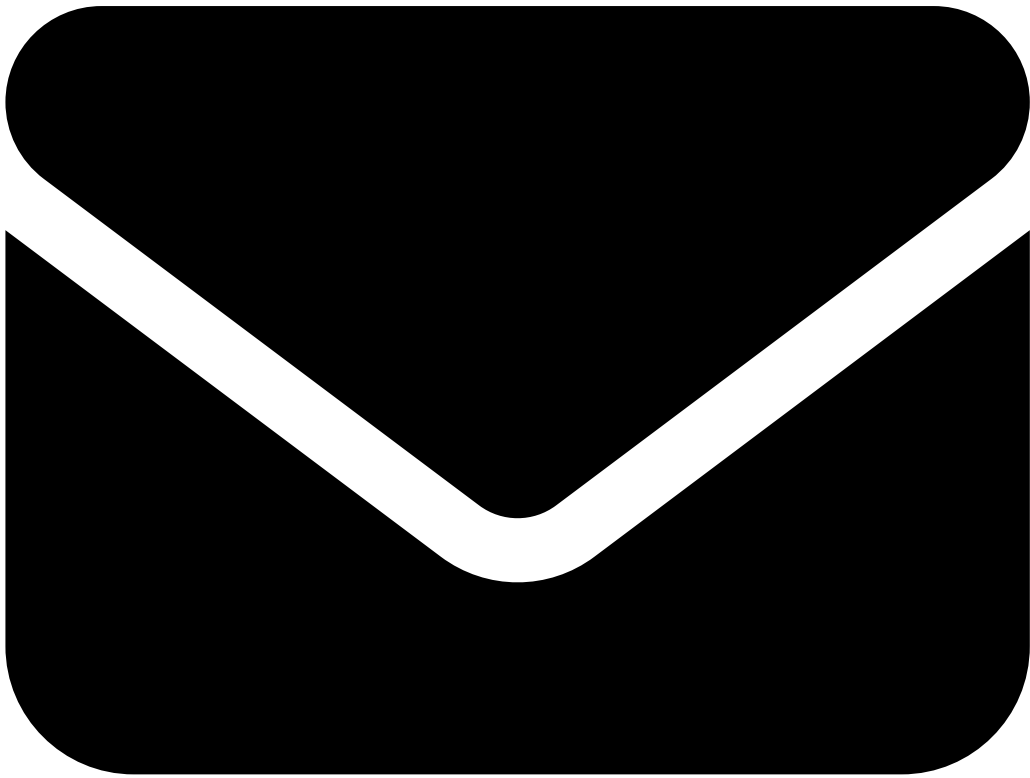
**Italian Chicken sausage
scarpariello**

Italian Chicken Sausage

Scrapariello

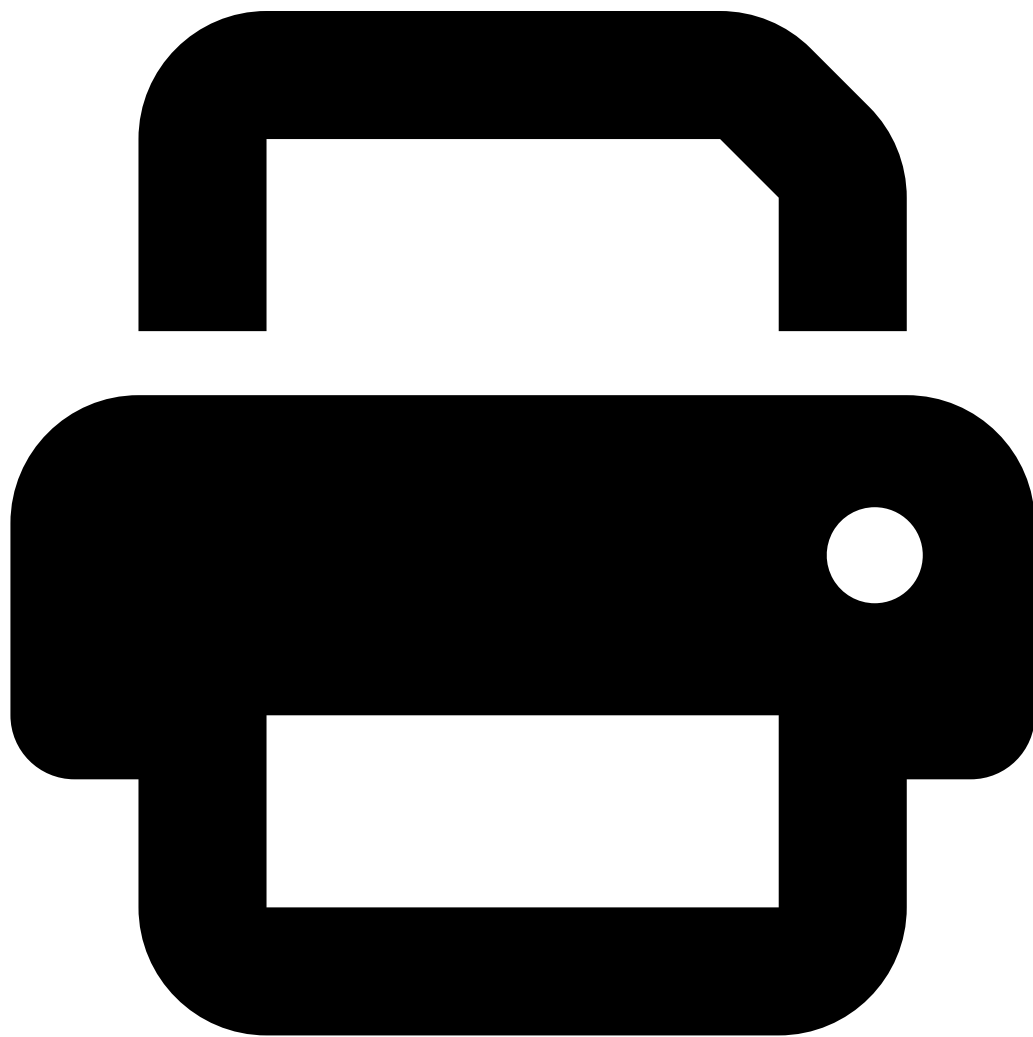
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This Italian chicken sausage scarpariello recipe is the classic Italian-American shoemaker style dish of crispy chicken braised with sausage, peppers and onions. It is tangy, spicy and delicious. The name “scarpariello” is said to come from the Italian word for “shoemaker” the phrase is often associated with dishes that are humble, frugal and made with basic ingredients. It involves braising chicken and Italian sausage with simple pantry staples . It’s not about fancy presentation but about flavor and making the most out of minimal ingredients.

Variations for this Italian chicken sausage scarpariello recipe

Traditionally this Italian chicken sausage scarpariello recipe is made with bone-in skin-on chicken thighs because I wanted to lighten up the dish and also my family likes chicken breast I used boneless , skinless chicken breast.

You can also use chicken sausage in place of the pork sausage if that fits your taste. Add extra vegetables like mushrooms, or spinach or both for a heartier, veggie-packed version.

For a creamy variation add a cup of heavy cream to the sauce for a richer, creamier texture. You could also melt in some parmesan cheese to deepen the flavor.

These variations allow you to customize the classic flavors of this Italian chicken sausage scapariello to fit your lifestyle and taste while staying true to it's essence!!!

If you make this dish, please leave me a comment on your experience with this Italian classic recipe. I love hearing from you. It's my favorite part. And it helps others.

Italian Chicken Sausage Scrapariello



- 2 lbs. chicken breast or bone in chicken thighs
- 2 -3 links spicy Italian sausage
- 1 sliced onion
- 1 red and 1 green sliced bell peppers
- 2-3 medium potatoes cut into medium dice
- 2 Tbsp. minced garlic
- 1 cup pickled cherry peppers hot or sweet + 1/2 cup pickling juice from the jar
- 1 cup white wine

- 1 cup chicken stock
- 2 Tbsp. chopped Italian parsley

1. Preheat oven to 375-degrees
2. Start by washing the chicken then pat dry salt and pepper the chicken.
3. Heat the oil in an oven proof skillet or dutch oven sear the chicken on all sides for 5 minutes or until golden remove the chicken and set aside. In the same add the sausage. Cook 3-4 minutes or until brown . Remove cut the sausage in half and set aside.
4. In the same pan add the onion, garlic and bell peppers. and potatoes cook for 3-5 minutes to soften slightly. Add the cherry peppers, the pickling juice, chicken stock and the white wine. Scrape up the brown bits from the bottom of the pan. Then cook 5 minutes to reduce the liquid.
5. Add the chicken and the sausage back to the skillet.
6. Set the skillet in the oven and bake for 20 – 30 minutes, until the chicken is cooked through.
7. Top wit the Italian parsley.

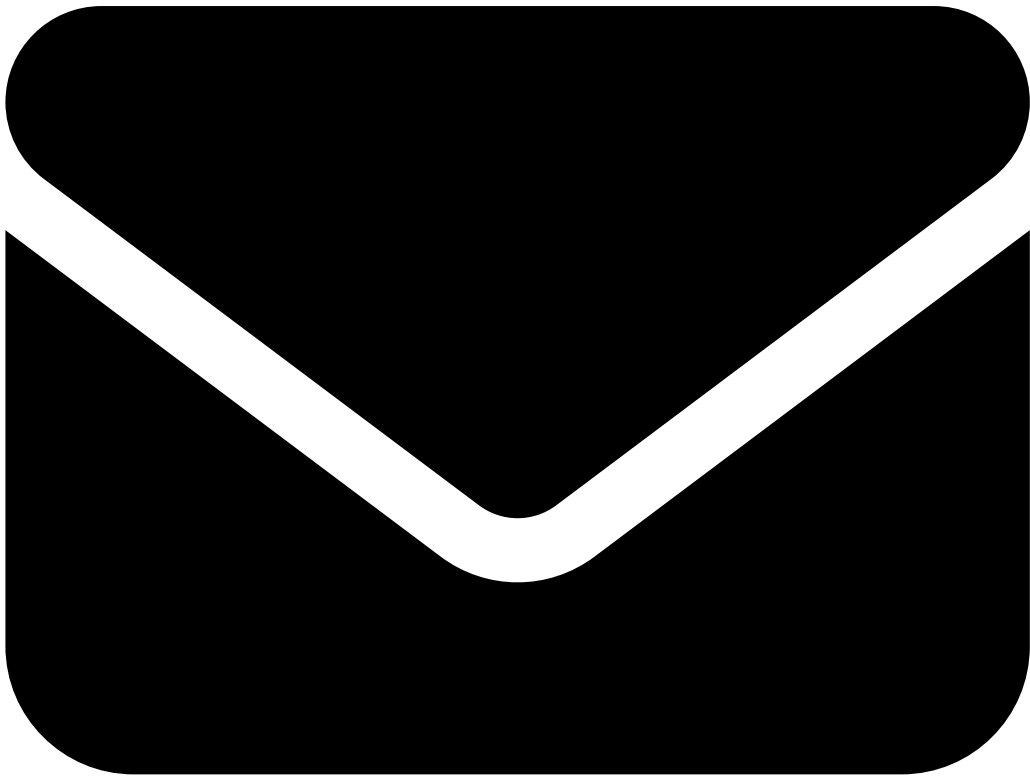
**Italian roasted sausage,
peppers and potatoes**

Italian Roasted Sausage,

Peppers and Potatoes

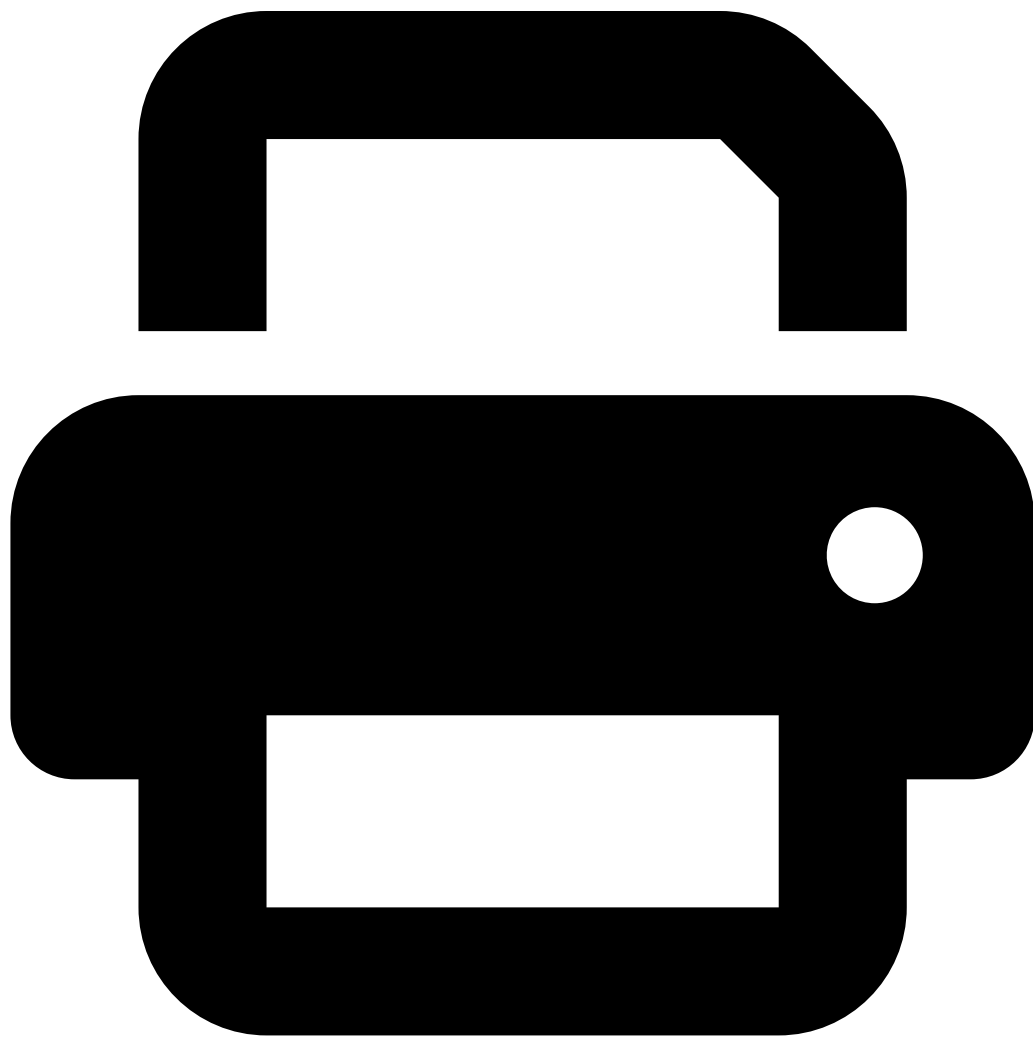
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There is something comforting about the hearty flavors of Italian roasted sausage, peppers and potatoes. This classic dish, rooted in simple ingredients, delivers a perfect balance of savory and sweet, with smokey sausage, tender potatoes and vibrant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

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

Why I love this Italian Sausage, peppers and potato recipe

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

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

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

Italian Roasted Sausage, Peppers and Potatoes



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

- 1 Tbsp. Italian seasoning

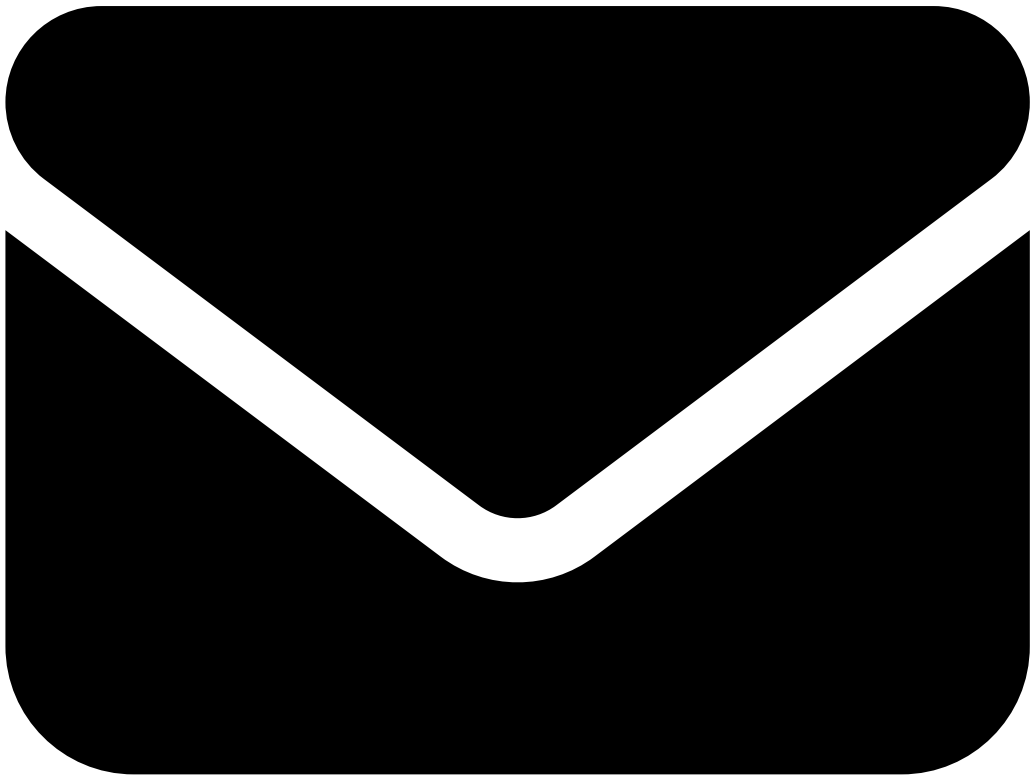
1. Start by preheating your oven to 400-degrees
2. In a bowl add the sausage, potatoes, peppers, garlic and onion. Add the olive oil, Italian herbs, red pepper flakes and salt and pepper to taste. Mix with your hands until well combined. Transfer to a cookie sheet or oven proof casserole dish and bake.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

Italian Spezzatino beef stew

Italian Spezzatino Beef Stew

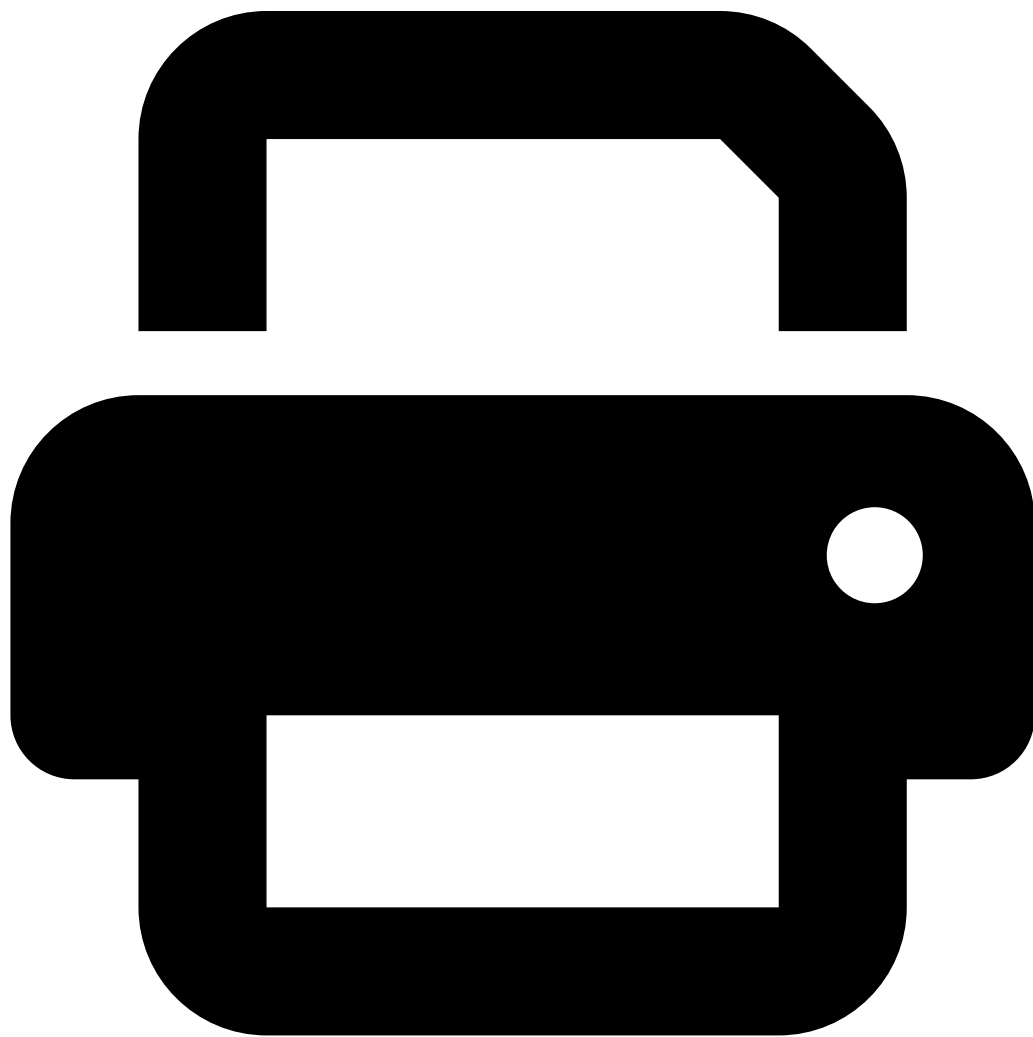
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Italian spezzatino beef stew is a delicious beef stew full of fork tender beef in a red wine tomato sauce. Yes, spezzatino is the Italian word for beef stew. It's a hearty, comforting dish made with chunks of meat simmered in a flavorful broth, often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

Italian Spezzatino Beef Stew



- 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

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.

Italian Broccoli Beef pasta

Italian Broccoli Beef pasta

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 your going to love.

Delicious on it's own with a simply 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 your using pasta save some of the pasta water is a flavor and thickening agent, because of it's starch content You can use white wine, chicken or vegetable broth for a 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 though 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!!!
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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 perfect 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.
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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!!!
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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!!!!