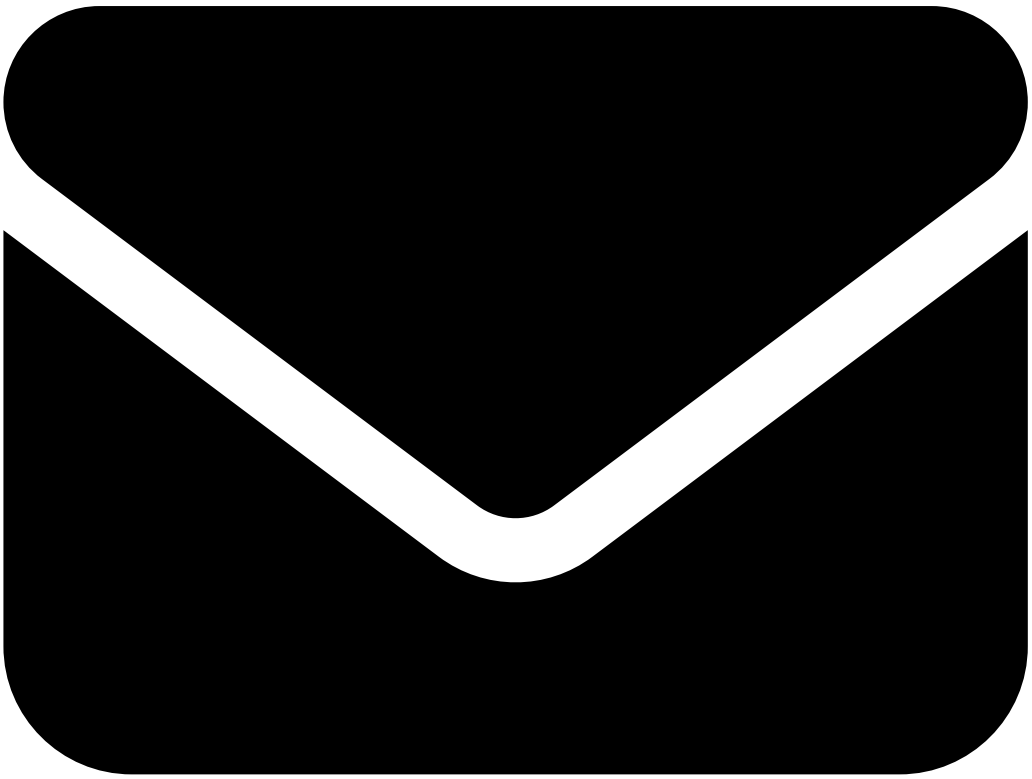
Beef Ragu Pasta Recipe, The Best Meat Sauce

Beef Ragu Pasta recipe, The Best meat Sauce

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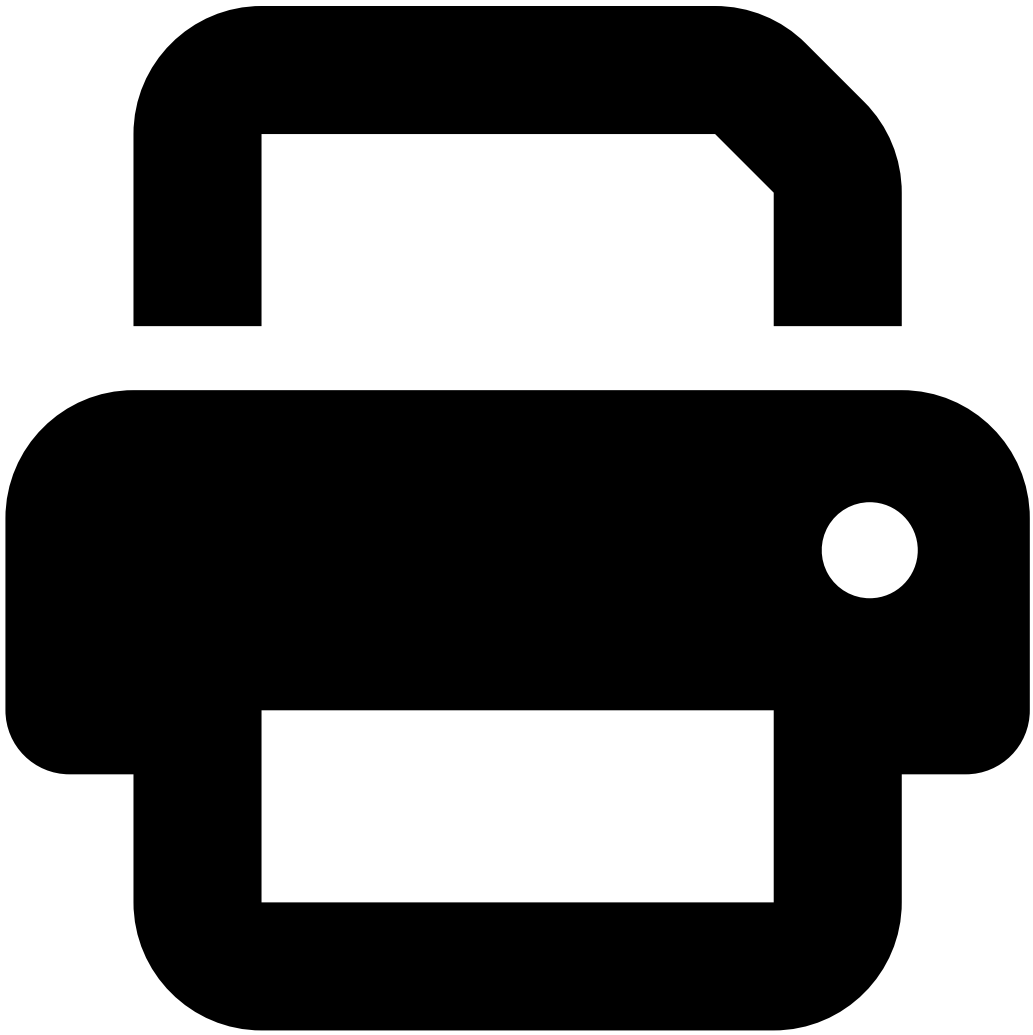









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This is why this beef ragu pasta recipe is my favorite, it combines two of my favorite ingredients beef and pasta, and one of my favorite ways to cook it, in a tomato ragu meat sauce full of Italian flavors.

El dente cooked fettucine shaped pasta, tossed in fork tender sirloin beef tips braised and slow cooked in a rich tomato based ragu is a prefect meat sauce when your craving a pasta dish everyone will love.

3 Tips When making this beef ragu pasta recipe

Here’s the first tip when you make this beef ragu pasta recipe, you can cook the pasta ahead of time. Since this meat sauce takes longer to cook than the pasta, cook the pasta run it under cold water to stop the cooking process, then toss in the beef ragu just to heat through.

Second tip I used sirloin steak tips, already cut in about 1 inch cubes. If you can’t find sirloin steak use any beef stewing meat and cut into medium chucks. I used my cast iron Dutch oven to make this meat sauce it sears the meat perfectly and ideal for slow cooked meat sauces.

And the 3 tip is use good products. My bother, a great chef taught me early on the quality of the dish depends on the quality of the ingredients. Since this beef ragu gets its flavor from the meat and tomatoes use the best you can afford.

Beef Ragu Pasta



Tender sirloin tips are slow-simmered with carrots, celery, onions, and tomatoes to create a rich, savory beef ragu tossed with fettuccine and Parmesan.

- 1 lb Fettucine
- 1 lb Sirloin steak tips
- ¼ cup flour
- 2 peeled and chopped carrots
- ½ cup chopped celery
- tbsp chopped yellow onion
- 2 tbsp chopped garlic
- 2 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste
- 2 Tbs. each olive oil and butter
- 15 Oz. can crushed tomatoes
- 15 Oz. can tomato sauce

- 1 can reserved pasta water

1. Cook Pasta according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery and carrots saute 5 minutes
7. Add the resevered pasta water scraping up the brown bits
8. Simmer covered 45 minutes add the Italian Parsley, basil and half the parmesan last 5 minutes
9. Toss pasta with sauce heat through sprinkle serve family style sprinkled with additional parmesan

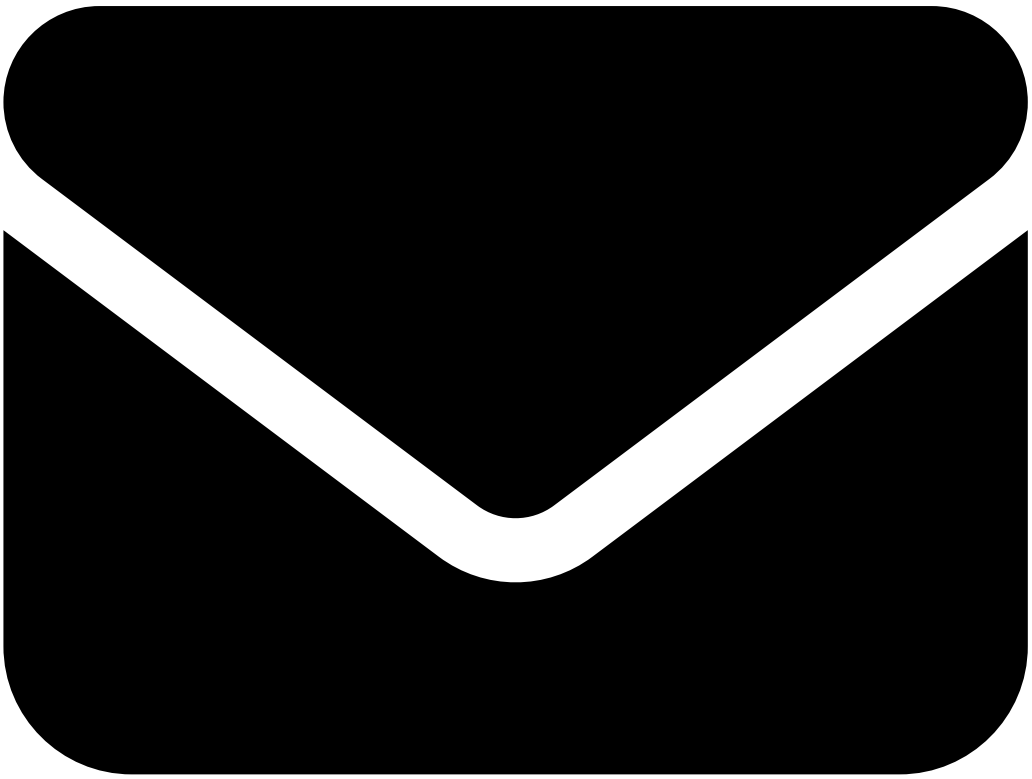
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Creamy Cavatappi Philly Pasta

Creamy Cavatappi Philly Pasta

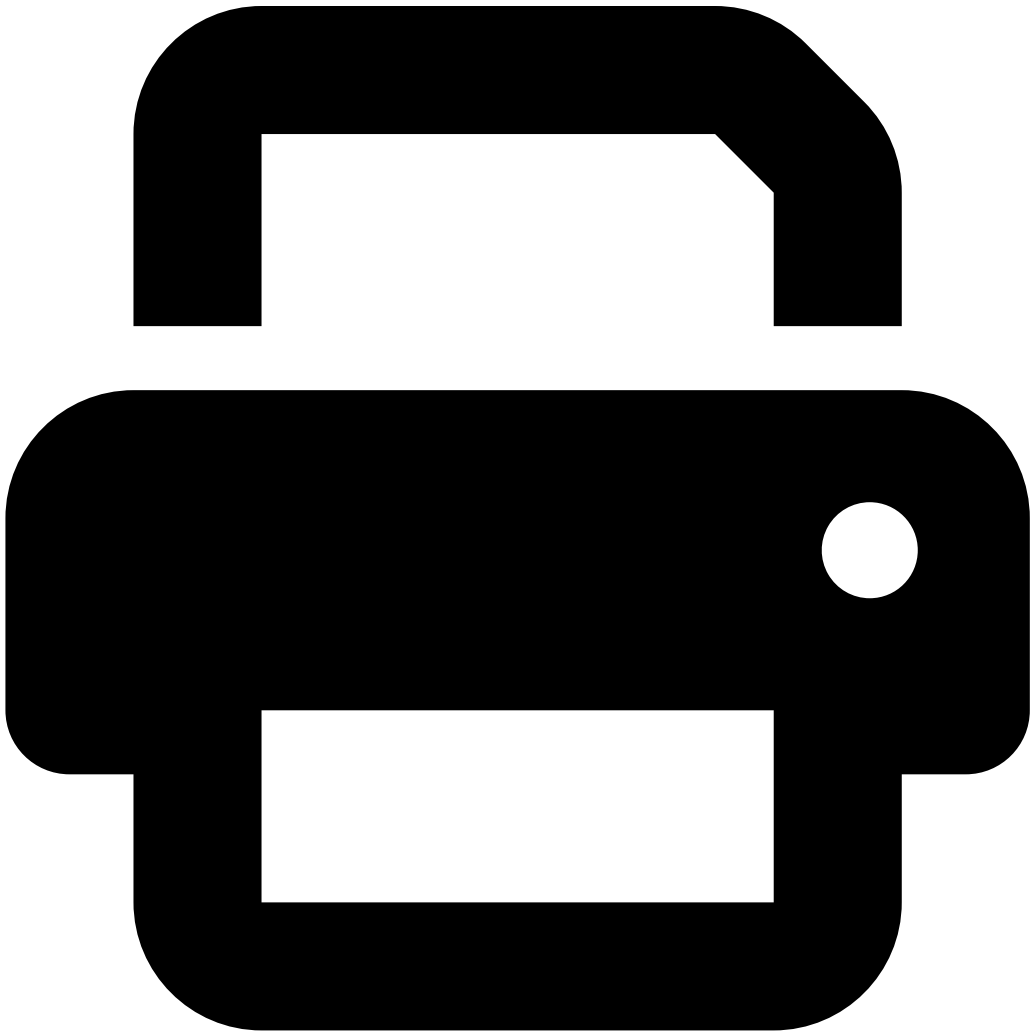
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This Creamy Cavatappi Philly Pasta is showcasing one of my favorite flavors the Philly Cheese Steak, and one of my favorite pasta Cavatappi shaped pasta.
Corkscrew shaped pasta tossed in a creamy, cheesy sauce of tender sirloin steak, flavorful bell peppers, and mild tasty spinach will have family and friends craving seconds.

Our first eatery was a busy hole in the wall submarine sandwich shop, in a California town that had no idea what a submarine sandwich was, the Philly cheese steak submarine was the top seller. This Creamy Cavatappi Philly Paste recipe was inspired by that sandwich.

Some Ingredients I used To make This Creamy Cavatappi Philly Paste

I used Cavatappi in this Creamy Cavatappi Philly Paste , it’s

one of my favorite pasta shape, If that weren't enough there's more.

Cavatappi is a short pasta tube that looks similar to small corkscrews. It's slender, spiral shape makes it great for serving with sauces, the prefect shape to hold this chunky pasta sauce full of Italian flavors.

The bell peppers I used where what I had on hand 1 red and 2 yellow, you can use what you have or what you your taste preference is.

Also in this easy pasta recipe I used my Real Easy Marinara sauce, something I always have on hand, if you don't use your favorite store bought.

One other must have in any Italian kitchen and what I use to saute, is a good olive oil.

It doesn't have to be extra virgin olive oil save that for salads, for sautéing a good quality and less pricy olive oil is good for cooking, unless the main sauce ingredient is olive oil then it's worth the higher cost of using extra virgin olive oil.

One more important thing to use not only in this Creamy Cavatappi Philly Pasta recipe but in everything you saute is the right size saute pan. The right size pan can make all the difference to a meal that's so-so to real recipe success.

One more thing I use is your input to decide on recipes. So please leave me a comment on your experiences with my recipes and please don't forget to tag me on Instagram with your creations. I love hearing for you!!!!

Creamy Cavatappi Philly Pasta



Cavatappi pasta is tossed with tender sirloin, colorful bell peppers, spinach, and melted mozzarella in a creamy marinara sauce finished with Parmesan and fresh herbs.

- 1 lb Cavatappi pasta
- 1/2 lb thinly sliced sirloin steak
- 3 diced small bell peppers
- 2 cups chopped spinach
- 2 tbsp each olive oil and butter
- 1 chopped yellow onion
- 3 tbsp chopped garlic
- 1 cup shredded mozzarella
- 1 cup grated parmesan
- 1 cup heavy cream
- 1 cup marinara
- 2 cups reserved pasta water
- 2 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package directions reserving 2 cups of the water
2. Meanwhile in a large saute pan bring the butter and oil to moderate heat
3. Add the onions and garlic saute until tender and just beginning to brown
4. Add the bell peppers saute until tender
5. Add the steak salt and pepper now saute until steak is slightly browned
6. Deglaze the pan with the pasta water scraping up the

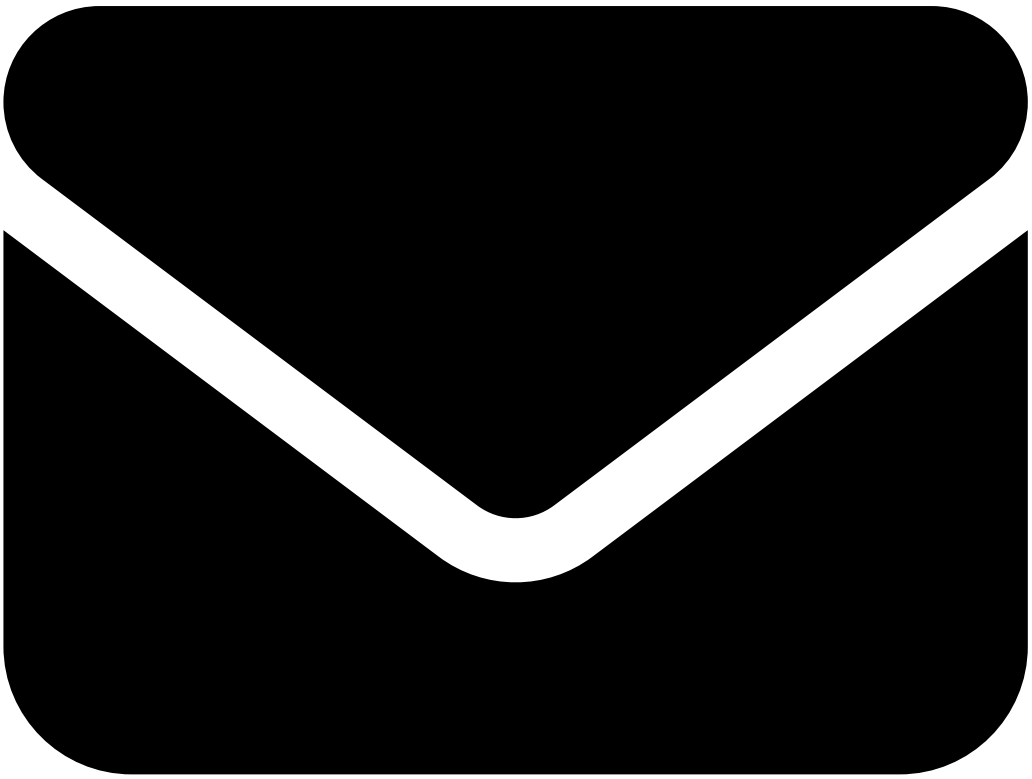
brown bits
7. Add the marinara and cream simmer covered for 20 minutes
8. Add the spinach, herbs, mozzarella and parmesan cheese simmer 5 minutes longer or until cheese is melted and spinach is wilted
9. Toss in the drained pasta adjust seasonings and enjoy

Sausage Cabbage Gnocchi

Sausage Cabbage Gnocchi

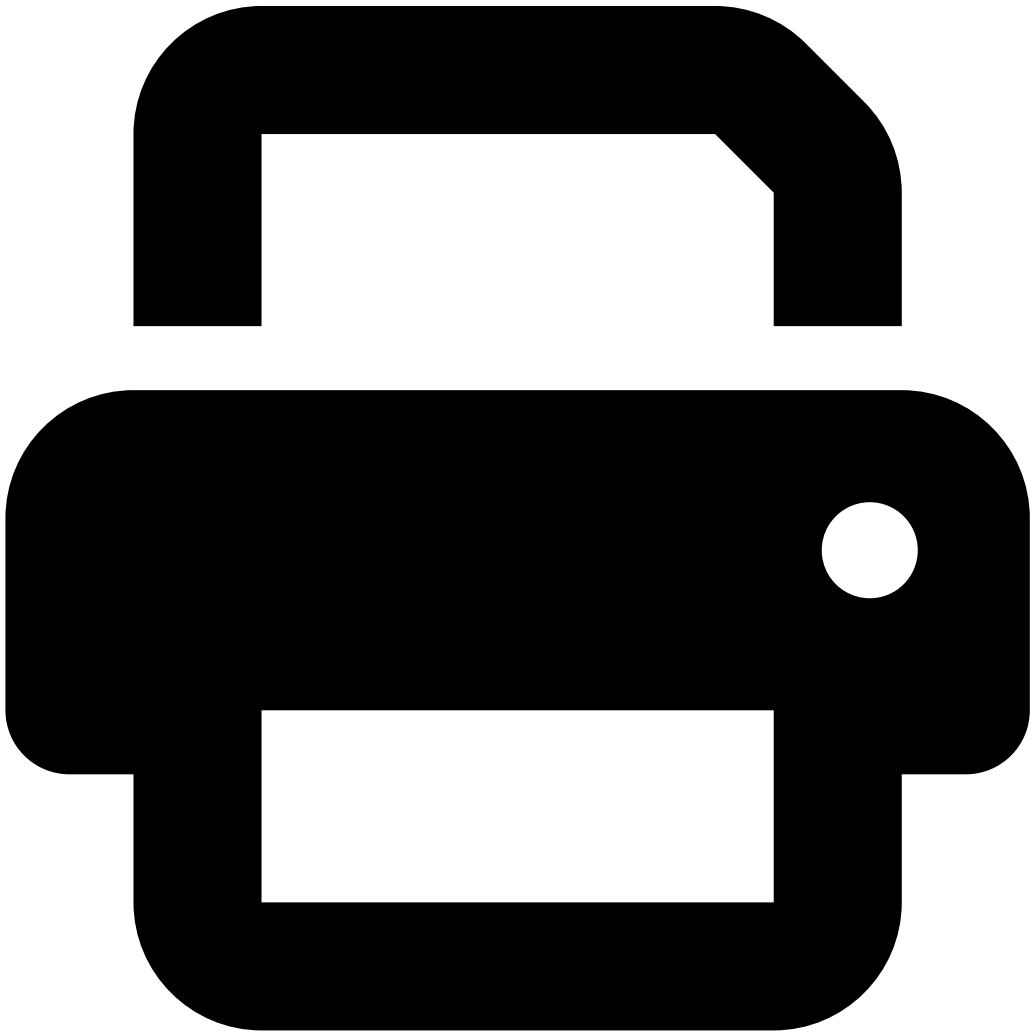
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This Sausage cabbage gnocchi recipe is so easy when you use store bought potato gnocchi. Gnocchi, who doesn’t like them? Anyone ?

These little dumpling of comfort and joy are a favorite in my house, pair them with a delicious sauce of healthier chicken sausage and cabbage in a light tomato sauce and you have a meal everyone will love and you’ll feel good about serving it.

3 Tips when making Sausage Cabbage Gnocchi

First be sure to use good quality gnocchi, since that’s the main ingredient in this Sausage Cabbage Gnocchi Recipe. Second, I used chicken Italian sausage for a healthier alternative, but you can use any flavor sausage you like, be sure to remove the casings before cooking.

And third be sure the saute pan is big enough to hold all the ingredients and the sauce is simmering and hot before adding the gnocchi, and keep the pan covered.

This Sausage Cabbage Gnocchi recipe is easy, delicious and it can be on your table in less than 30 minutes.

If you make this recipe please leave me a comment, and don’t forget to tag me on Instagram. I love hearing from you, it’s my favorite part!

Sausage Cabbage Gnocchi



Tender potato gnocchi and Italian chicken sausage simmer with cabbage, marinara, garlic, and herbs for a hearty one-pan meal finished with Parmesan.

- 1 lb store bought potato
- ½ lb shredded red and green cabbage
- 1 lb chicken Italian sausage
- 1 chopped red onion
- 2 tbsp chopped garlic
- 2 cups prepared marinara sauce
- 1 cup water
- 1 cup grated parmesan cheese
- ¼ cup chopped Italian parsley
- 2 tbsp butter
- Salt and pepper to taste

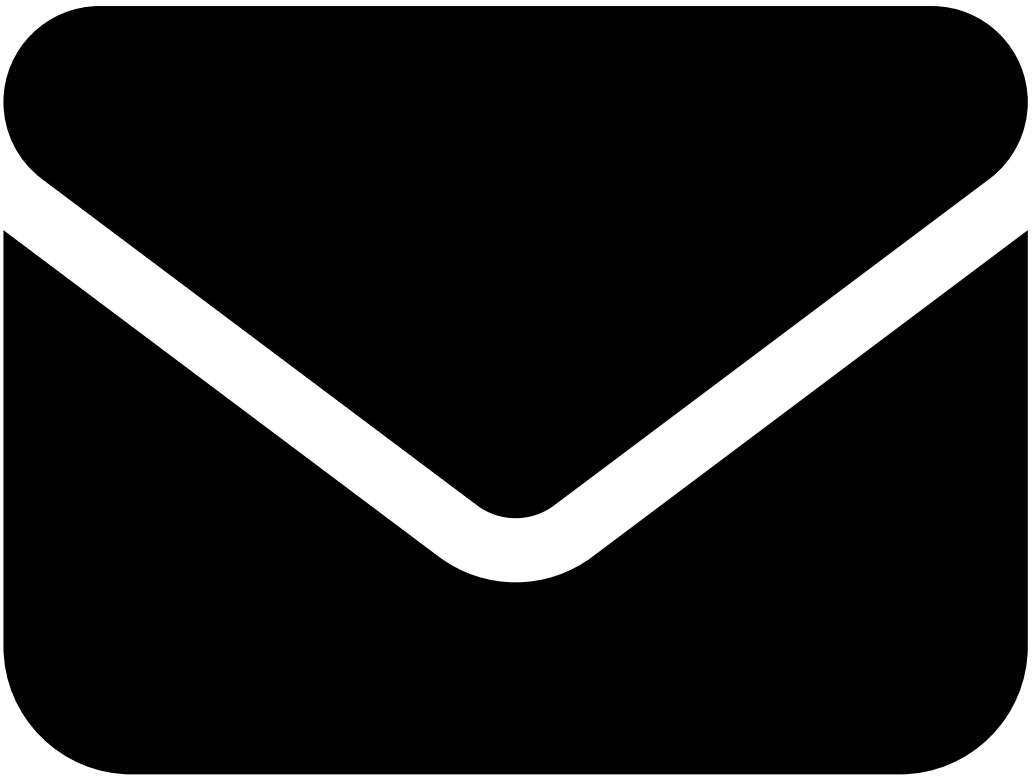
1. In a large saute pan bring the butter to medium heat
2. Add the onion and garlic saute until tender and just beginning to brown
3. Remove casings from sausage add to the saute pan saute until golden breaking up the pieces with a spoon
4. Add the cabbage saute until limp salt and pepper the cabbage
5. Add the prepared marinara and water bring to a simmer add the gnocchi
6. Simmer on low covered for 1o minutes add the Italian parsley and parmesan cheese the last 5 minutes
7. Sprinkle with parmesan

Two Bean Steak Chili

Two Bean Steak Chili

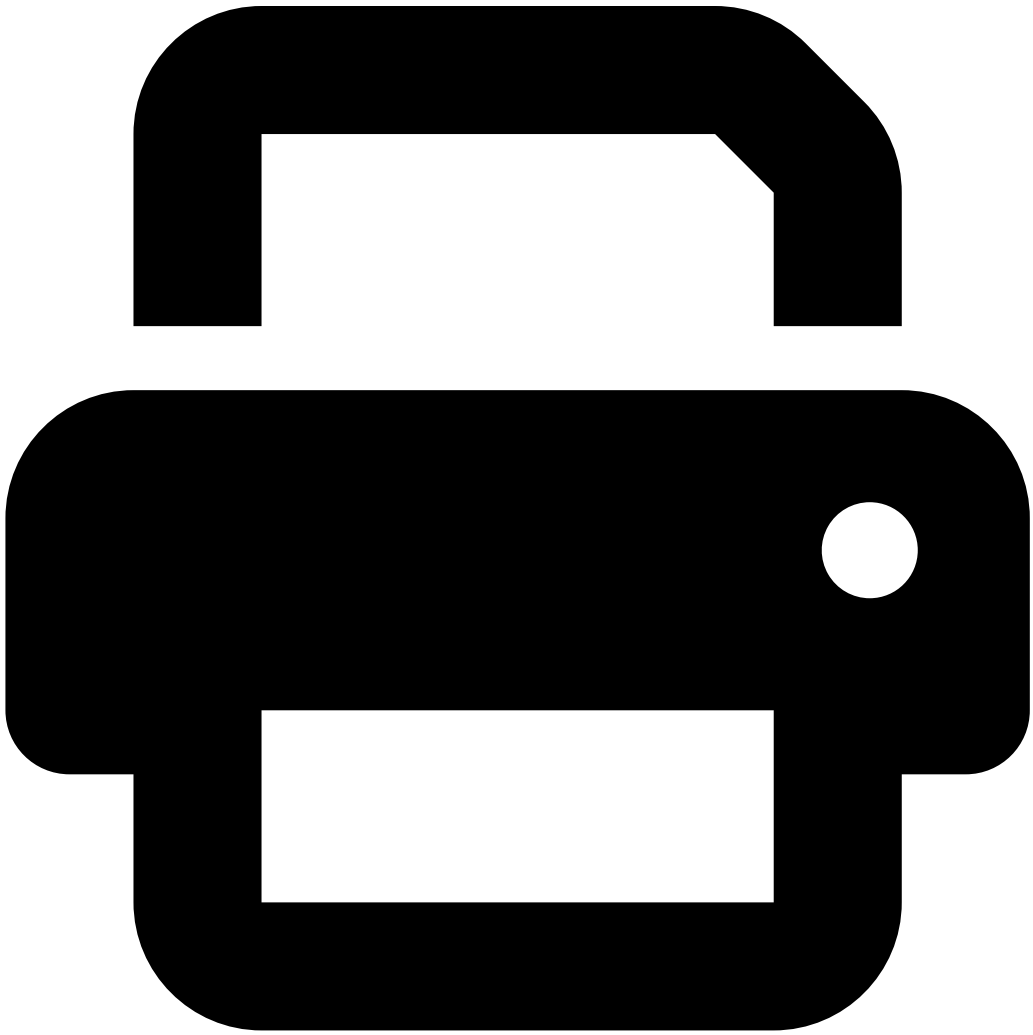
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It’s chili season, and I’m excited to share my **Two Bean Steak Chili Recipe** with you! Made with tender, slow-cooked steak, red and white kidney beans, and a rich, flavorful tomato sauce, this hearty beef chili is the perfect comfort food for chilly days.

I go easy on the beans in this recipe because I like the flavor and texture of the tender beef to shine through. You can easily add more beans, use less, or leave them out altogether to make this chili your own.

My family prefers milder food, so I keep the chili powder on the lighter side. If you like your chili with a little more kick, feel free to increase the chili powder or add your favorite hot spices to suit your taste.

For the best flavor, I like to use chuck steak. It has a rich, beefy flavor and becomes wonderfully tender after simmering

slowly in the tomato sauce. If you can't find chuck steak, any beef labeled stew meat or stewing beef will work well. These tougher cuts are ideal for slow cooking because they soften over time, creating delicious, melt-in-your-mouth bites of beef.

This easy homemade steak chili is one you'll want to keep in your regular dinner rotation throughout the colder months. Serve it with crusty bread, cornbread, or your favorite chili toppings for a hearty, satisfying meal the whole family can enjoy.

Best Toppings for Two Bean Steak Chili

When it comes to chili, toppings are usually half the fun! But this Two Bean Steak Chili is so rich and full of beefy flavor that you really don't need to pile on a lot of extras.

My favorite toppings for this steak chili are creamy avocado and sharp cheddar cheese. I find that adding too many toppings can overpower the deep, savory flavor of the slow-cooked beef and tomato sauce. Of course, that's just my preference! Feel free to experiment and find your own favorite combination.

Here are a few other chili toppings to try:

- **Diced red onion:** Adds a little crunch and sharpness.
- **Tortilla chips or nacho chips:** Perfect for a satisfying crunch.
- **Fresh cilantro:** Adds a bright, fresh flavor.
- **Sliced jalapeños:** Great if you like a little extra heat.
- **Sour cream:** Adds a cool, creamy contrast to the warm chili.
- **Extra shredded cheddar cheese:** Because you can never go wrong with a little more cheese!

My advice? Start with just one or two toppings and let that

rich, slow-cooked steak flavor shine through.

What to Serve with Two Bean Steak Chili

This hearty homemade steak chili is delicious on its own, but you can easily turn it into a complete meal. Serve it with crusty Italian bread, homemade cornbread, or a simple green salad.

If you're looking for more cozy meals for cold weather, try my other comforting soups and stews, too. They're perfect for warming up on chilly evenings.

Storage and Freezing Two Bean Steak Chili

One of the best things about this Two Bean Steak Chili recipe is how well it stores and freezes. The flavors become even richer after a day in the refrigerator, making leftovers just as delicious as the first serving.

Refrigerator: Allow the chili to cool slightly, then transfer it to an airtight container. Refrigerate within two hours of cooking and enjoy within 3–4 days.

Freezer: This steak chili freezes beautifully for up to 3 months. Divide it into individual or family-sized portions and store them in freezer-safe containers or freezer storage containers. Leave a little room at the top for expansion, seal tightly, and label with the date.

Reheating: Thaw frozen chili overnight in the refrigerator when possible. Reheat on the stovetop over medium-low heat, stirring occasionally, until steaming hot throughout. Add a splash of beef broth or water if the chili has thickened too much. You can also reheat individual portions in the

microwave, stirring halfway through.

My Best Meal-Prep Tip

Make a double batch! This steak chili takes time to develop its rich flavor, so cooking extra means you'll have delicious, ready-to-heat meals waiting for busy weeknights. Freeze the chili in individual portions for easy lunches or larger containers for a family dinner.

I like using stackable, freezer-safe containers to keep everything organized and make the most of my freezer space. You can find freezer storage containers here.

More Comforting Recipes to Try

If you love hearty, homemade meals like this Two Bean Steak Chili, you might also enjoy these comforting recipes:

- **Italian Spezzatino Beef Stew:** Tender beef simmered with mushrooms and tomatoes for a cozy dinner.
- **Classic Italian Wedding Soup:** A comforting bowl of homemade broth, tender meatballs, and greens.
- **Creamy Tortellini Soup with Italian Sausage:** A satisfying soup with Italian sausage, cheese tortellini, and a creamy broth.

Let's Make This Steak Chili!

If you make this Two Bean Steak Chili, I'd love to hear what you think! Leave a comment and let me know which toppings you used. Your comments and reviews help other readers discover recipes they'll love, too.

Two Bean Steak Chili



Hearty two bean steak chili made with tender pieces of steak, two kinds of beans, tomatoes, and warm chili spices. A satisfying, flavorful chili perfect for a cozy dinner.

- 1 lb Chuck Steak
- 2 chopped yellow onions
- 3 tbsp chopped garlic
- 1 cup chopped celery
- 1 chopped and seeded pepper jalapeno pepper
- 1 14.5 oz can each diced tomatoes and tomato sauce
- 1 14.5 oz can each red and white kidney beans undrained
- 2 cups beef broth
- 3 tbsp chili powder
- 1 tbsp each cumin, oregano, smoky paprika and coriander
- 2 bay leaves
- 3 tbsp olive oil
- Salt and pepper to taste

1. Cut the steak into equal size pieces salt and pepper to taste

2. In a medium size stock pot bring the oil to medium high heat
3. Add the steak and sear completely
4. Add the onions, garlic and jalapeno pepper saute until tender and just beginning to brown
5. Add all the spices now

6. Add the tomatoes and beef broth lower the heat, simmer covered for 1 hour
7. Add the beans adjust seasonings and simmer an additional 30 minutes
8. Top with your favorite chili toppings



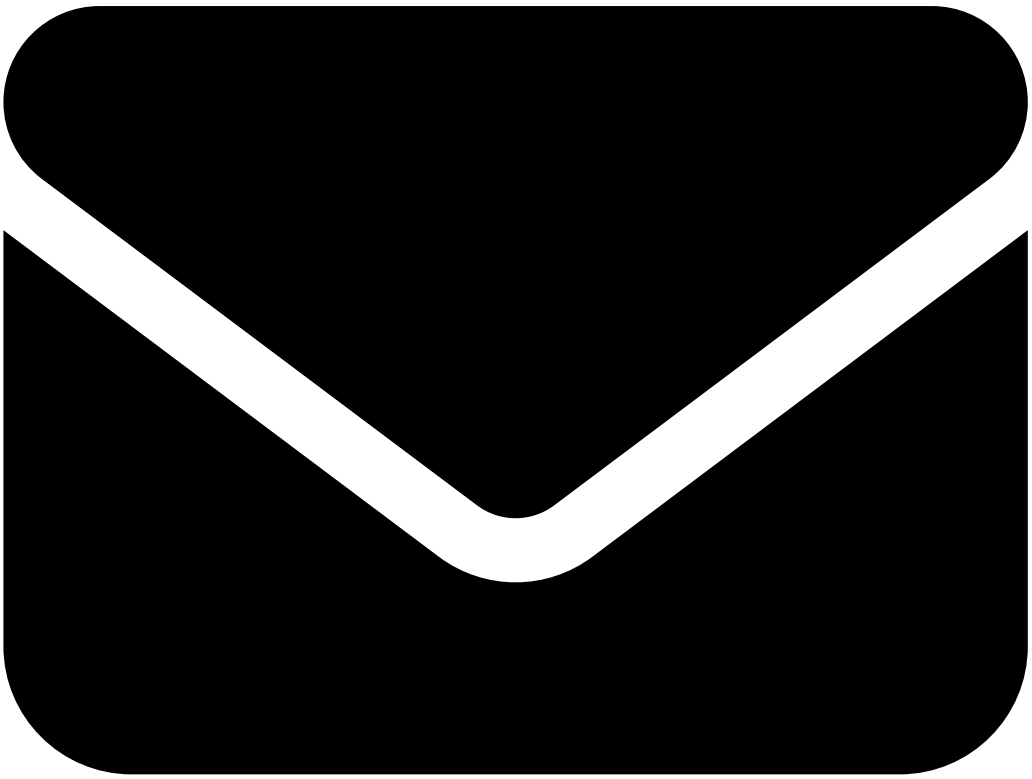
Choose chuck steak or another well-marbled cut for tender, flavorful chili. Sear the steak before adding the remaining ingredients to develop a deeper flavor. Simmer gently until the steak is fork-tender. Adjust the chili powder and spices to suit your preferred heat level. If the chili becomes too thick, add a little beef broth. If it’s too thin, simmer uncovered until it reaches your desired consistency.
Main Course
American
two bean steak chili

Meaty Unstuffed Pasta Shells

Meaty Unstuffed Pasta Shells

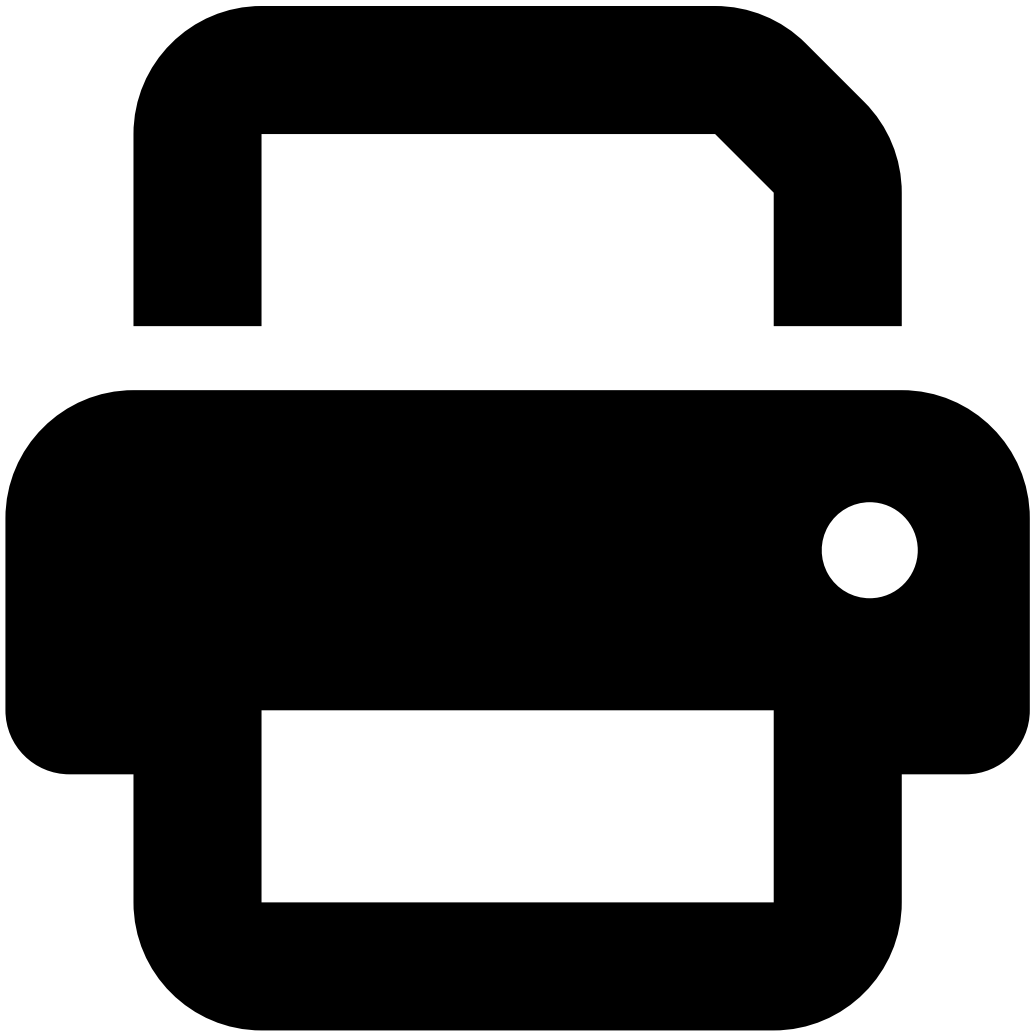
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Hi Friends, I know it’s the most wonderful time of the year for most people, but It can also be the most busy and stressful time of the year too.
So I am sharing this easy, stress free one pot Meaty Unstuffed Pasta Shell Recipe. Essentially this is a take on stuffed pasta shells without the fuss of stuffing each shell individually.

This recipe is cooked in one pot on top of the stove and the best part, it uses few ingredients, you probably have on hand. Lean ground beef and healthy ground turkey seasoned with Italian flavors and covered with a tomato sauce make this recipe delicious and will make you happy serving it.

That’s all you need one stock pot and 30 minutes to have this Italian inspired meal on your table.

Customize This Meaty Unstuffed Pasta Shells recipe

Just like most of my recipes this Meaty Unstuffed Pasta shells recipe can be customized to fit your lifestyle and taste. For instance if

you want to eliminate the ground beef just double the amount of ground turkey. And if you don't like ground turkey just double the ground beef.

Another thing, if you don't like jumbo pasta shells you can use smaller pasta shapes, adding then 5 minutes before finishing the cooking process.

In this recipe *I used canned tomatoes, you can use my real easy marinara sauce instead if you have it on hand. (I always do) You can also vary the cheeses and the amount according to your taste preference.*

Just keep it easy and delicious and if you make this Meaty Unstuffed Pasta Shell recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you. It's my favorite Part!!!!

Meaty Unstuffed Pasta Shells



Tender pasta shells simmer with savory beef, turkey, spinach, tomatoes, and Italian herbs, then are finished with melted

Parmesan and mozzarella for a hearty one-pot meal.

- ½ lb large shells
- ½ lb lean ground beef
- ½ lb ground turkey
- 2 cups chopped spinach
- 1 chopped onion
- 2 tbsp chopped garlic
- 15 oz crushed tomatoes
- 15 oz tomato sauce
- 1 cup water
- 1 tbsp each chopped Italian parsley, thyme, oregano, and basil
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- Salt and pepper to taste

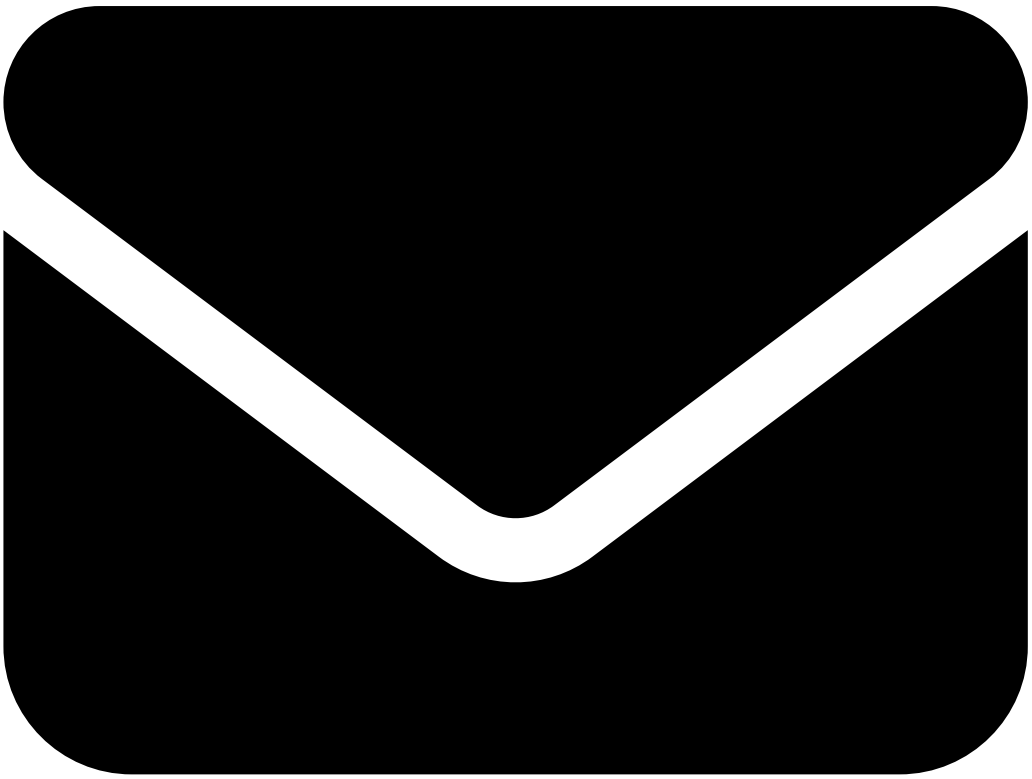
1. In a medium stock pot bring oil and butter to medium high
2. Saute onion and garlic until tender and just beginning to brown
3. Add the ground beef and ground turkey saute until browned
4. Salt and pepper to taste now and add the herbs now
5. Add the tomatoes and water simmer 10 minutes
6. Add the pasta simmer covered for 15 minutes
7. Add the cheese and spinach the last 5 minutes
8. Serve topped with additional parmesan and Italian parsley

Creamy Chicken Broccoli And Spinach Pasta

Creamy Chicken Broccoli And Spinach Pasta

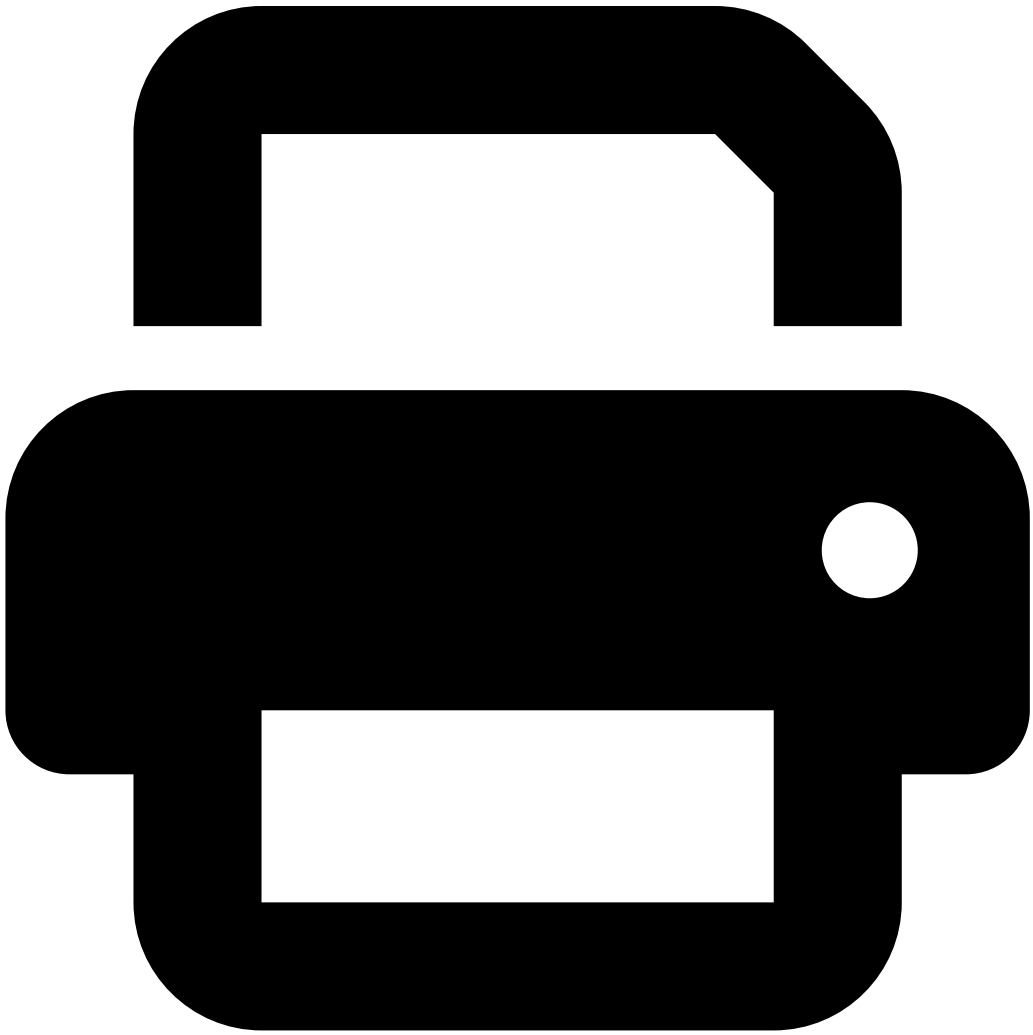
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Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it’s the perfect weeknight meal when you’re short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don’t overcook it, and be sure the saute

pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Creamy Chicken Broccoli and Spinach Pasta



Tender chicken, broccoli, spinach, and tomatoes are tossed with fettuccine in a creamy Parmesan sauce brightened with white wine for a satisfying pasta dinner.

- ½ lb fettuccini
- 2 boneless skinless chicken breast cut in medium chunks

- 1 lb broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 tbsp each butter and extra virgin olive oil
- ½ cup chopped onion
- 1 tbsp minced garlic
- 2 tbsp chopped Italian parsley
- ½ cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining

2. Salt and pepper chicken chunks

3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside

4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown

5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes

6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese

7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to

combine the flavors and the spinach is wilted

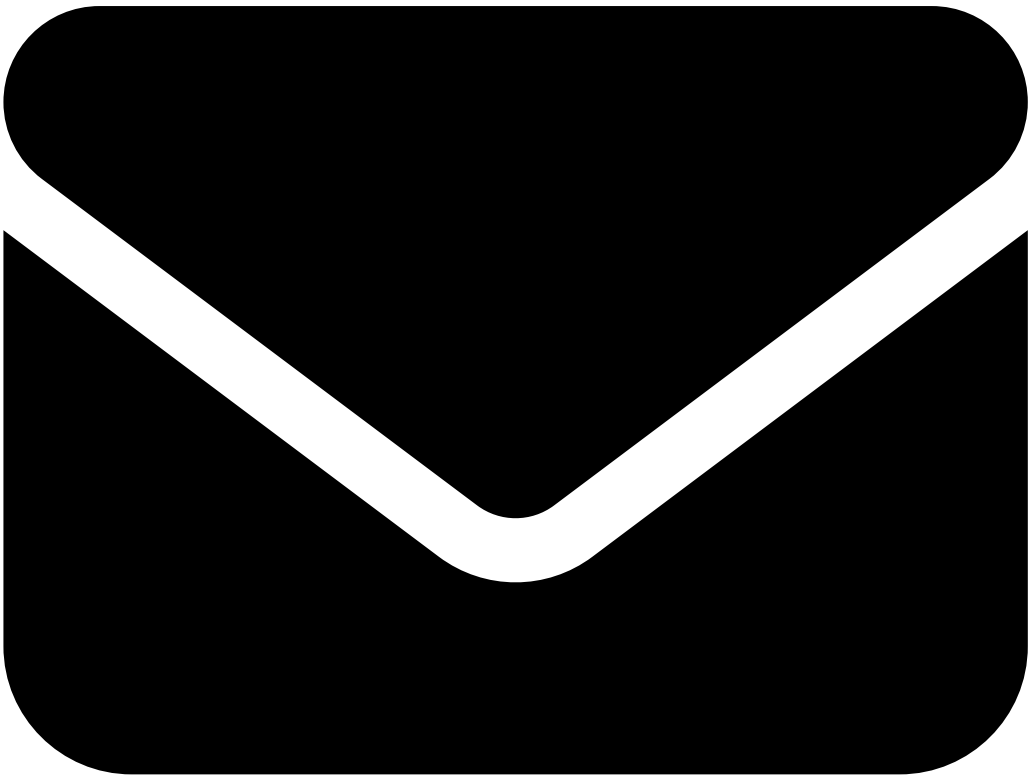
8. Sprinkle with Italian parsley and additional parmesan cheese.

Braised Short Rib Fettuccine Pasta

Braised Short Rib Fettuccine Pasta

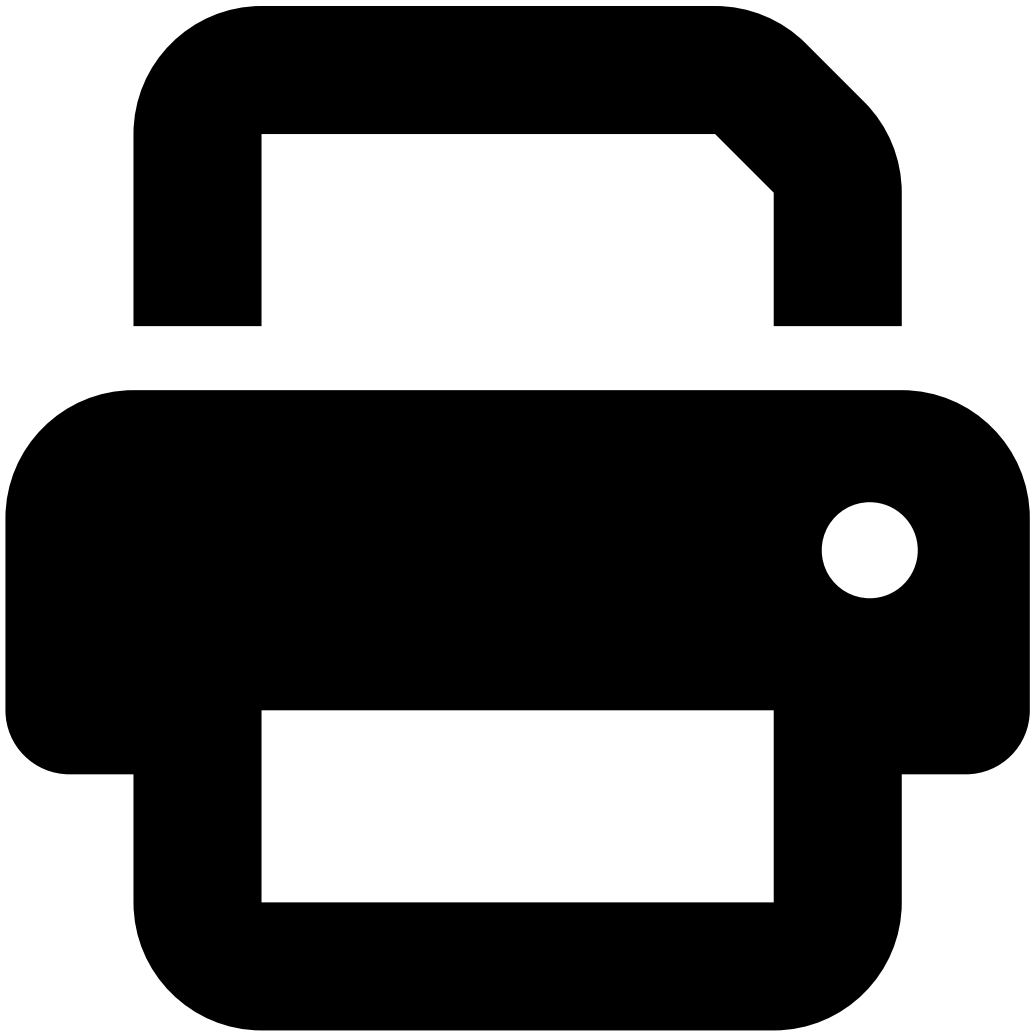
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It’s that time of year when I bring out my Dutch Oven for slow cooked braised recipes. Your going to love this hearty braised Short Rib Fettuccini pasta recipe. Succulent short ribs slow cooked in a wine and beef broth and severed over a bed of fettuccini.
The combination of flavors is addicting and will have family and friends craving more!!! Even now days later am still craving the flavor bliss of this stick to your ribs meal!!!

Things to know about this braised short rib fettuccine pasta recipe

First and foremost use good quality Short ribs since the main ingredient in this Short Rib Fettuccini recipe is the short ribs, they should be the best.

Second and just as important be sure the heat is high enough, to sear the meat before adding the wine. And last but not

least this recipe takes time to cook, so allow enough time for the three hours it takes to have the meat fork tender.

On a side note, you don’t have to use Fettuccini or pasta. This recipe is delicious on it’s own or over creamy polenta.

You don’t have to use pancetta either, you can use bacon. I had pancetta so that’s what I used. If you love slow cooked comfort food that’s easy to make try my Italian chicken and sausage scarpariello

If you make this braised short rib fettuccine pasta recipe please leave me comment here, and don’t forget to tag me on Instagram with your creations.

I love hearing from you, it’s my favorite part!!!

Braised Short Rib Fettuccine Pasta



Tender short ribs are braised with pancetta, vegetables, red wine, and herbs, then tossed with fettuccine for a rich, hearty pasta dish packed with deep savory flavor.

- 8 pcs boneless short ribs cut in large dice
- 1 lb fettuccine
- ½ cup flour
- 6 pcs pancetta diced
- 1 onion chopped
- 2 stalks chopped celery
- 3 peeled sliced carrots

- 1 cup red wine
- 2 cups beef broth
- 8 sprigs of thyme and rosemary
- 1 cup peas
- Salt and pepper to taste
- 2 tbsp chopped Italian parsley

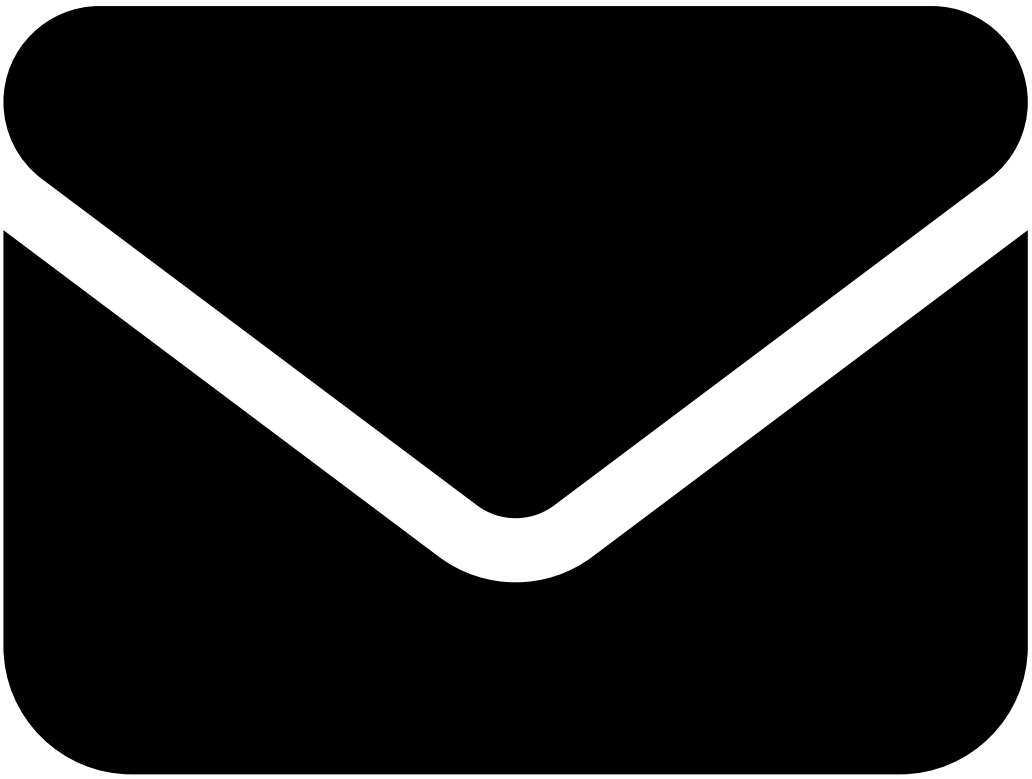
1. Salt and pepper the meat coat with the flour
2. In a Dutch oven fry the pancetta in 2 tablespoons of olive oil until crispy
3. Add the short ribs and cook until browned
4. Deglaze the pan with the red wine scrapping up the browned bits at the bottom of the pan
5. Now add the beef broth, thyme and rosemary
6. Simmer covered for 2 1/2 hours
7. Add the carrots, peas and celery simmer 1/2 longer
8. Mean while cook the fettuccini according to package directions
9. Toss the fettuccini with the short rib sauce
10. Sprinkle with Italian Parsley

Turkey Cranberry Sandwiches

Turkey Cranberry Sandwiches

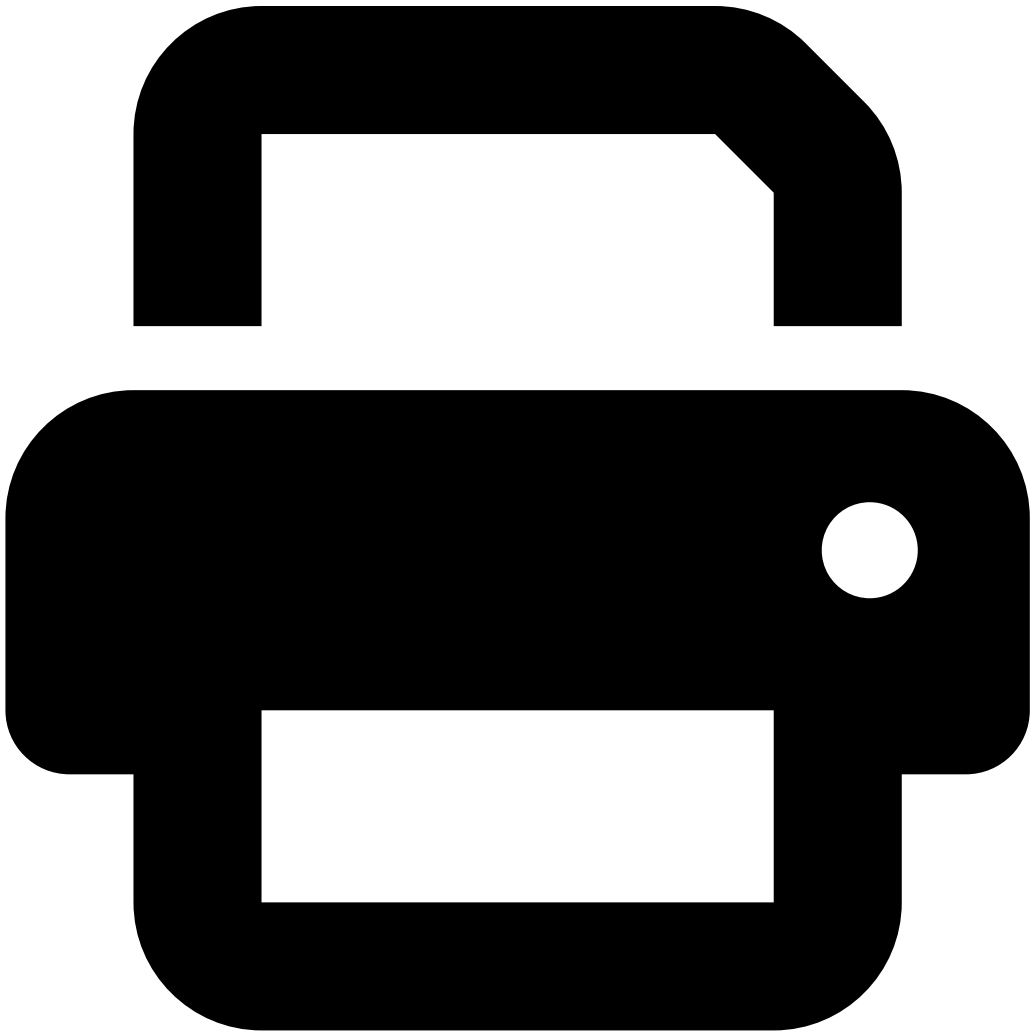
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These Turkey Cranberry Sandwiches are the last of my Thanksgiving left over meals. Tender juicy slices of turkey breast topped with my best ever cranberry sauce and melted brie cheese.
It’s like eating Thanksgiving dinner in a sandwich.

Don’t save this sandwich just for leftover Thanksgiving Turkey, if you craving Thanksgiving in December store bough turkey works in this sandwich too.

What you need to make Turkey Cranberry Sandwiches

Besides the ingredients in this Turkey Cranberry Sandwiches you need a flat griddle pan to grill the sandwiches to a beautiful golden brown while melting the cheese. I have two flat griddle pans one cast iron with ridges and one flat.

I used the flat one to make these sandwiches, but I think next time I will use the cast iron ridge griddle for a panni style sandwich.

Turkey Cranberry Sandwiches



Tender turkey, creamy Brie, and sweet cranberry sauce are layered on toasted multigrain bread and pressed until golden for a delicious Thanksgiving-inspired sandwich.

- ½ lb leftover cooked Thanksgiving turkey breast
- 4 slices good quality multigrain bread
- 1 cup my home made cranberry sauce
- 4 oz thinly sliced brie
- 2 tbsp butter

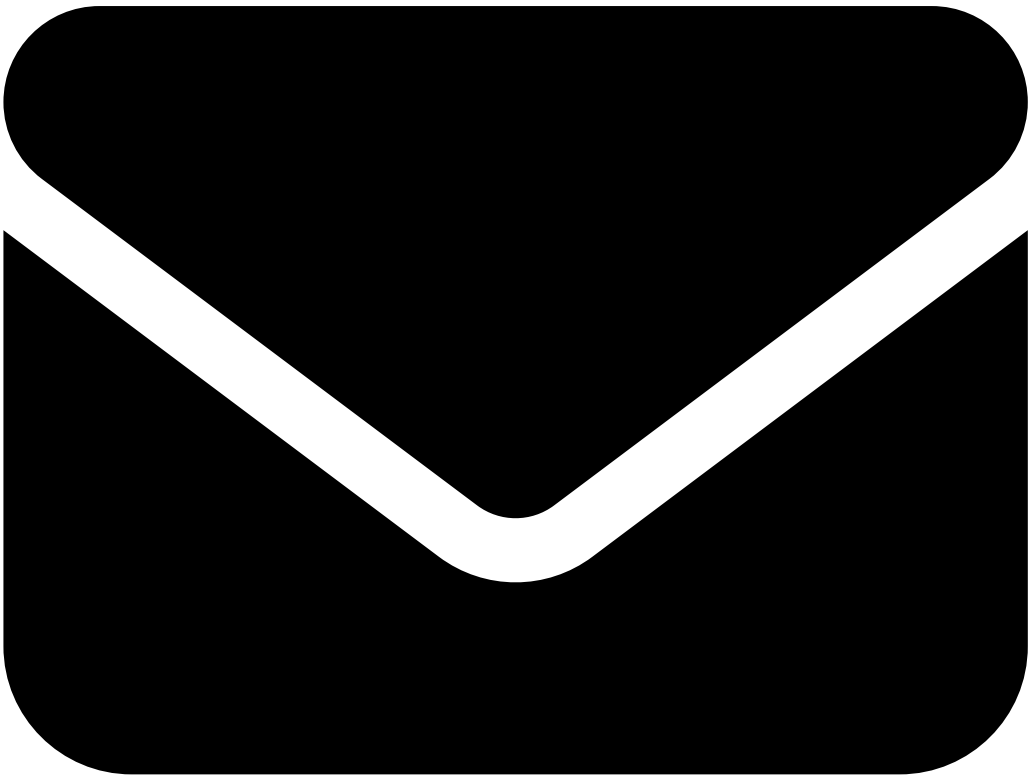
1. Melt butter in a flat skillet over medium heat
2. Add the bread toast lightly on each side
3. Layer the lightly toasted bread with the sliced turkey, brie cheese and cranberry sauce
4. Continue cooking until cheese starts to melt
5. Put the sandwiches you will have two, together and press down with the back of a spatula
6. Cook just a few minutes longer on each side until a golden brown

Savory Italian-Style Cabbage Roll

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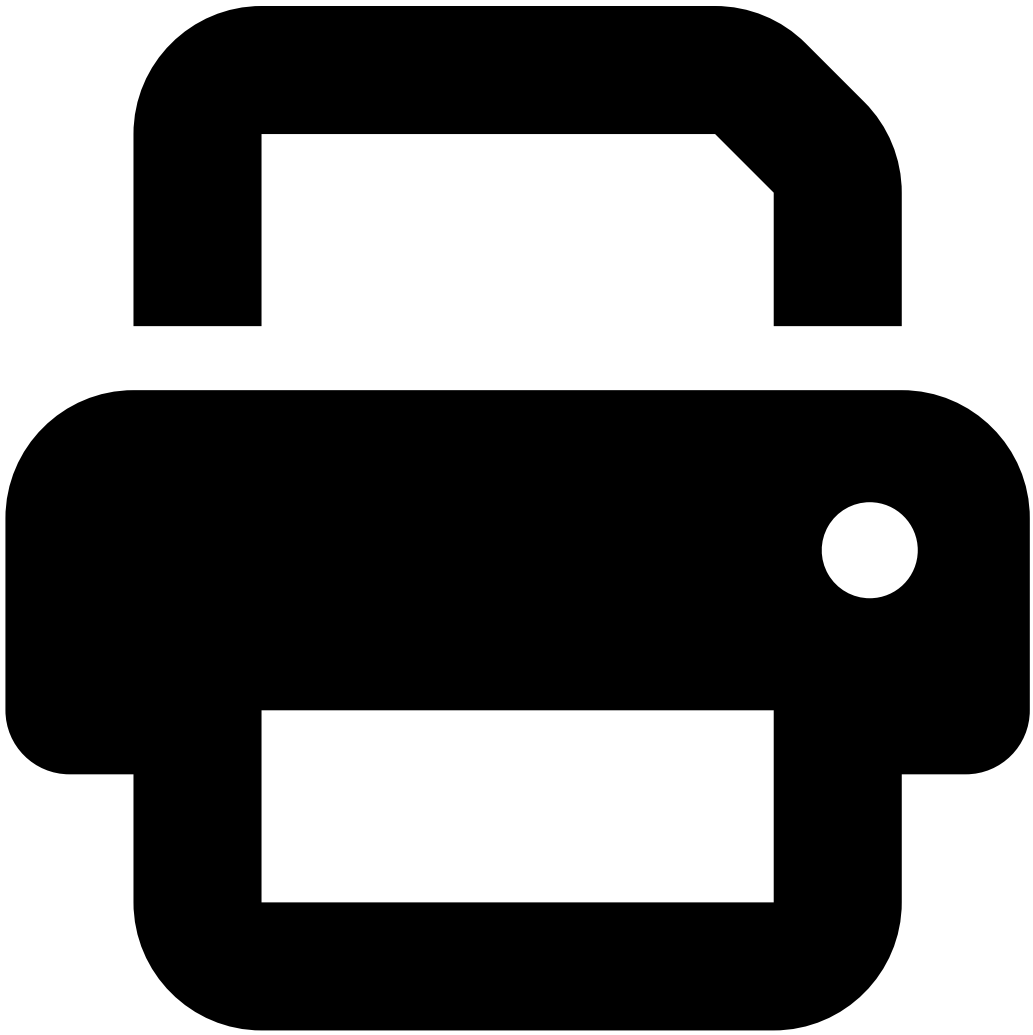
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These Savory Italian-Style Cabbage Roll are the first meal I cooked for my first husband, who was Polish when I was sixteen years old, they were not good. I was a straight from the boat Italian girl that knew nothing about polish cooking.
All I knew was they were a favorite in my husbands family, and I wanted to make them. After a few failed attempts I came up with this Italian version. Ground beef, and rice stuffed cabbage topped with a garlicky marinara sauce full of Italian flavors makes this recipe a favorite in my family now. The best part is it’s freezer friendly, for ready made meals on busy weeknights or unexpected company is coming.

Things To know about this Savory

Italian-Style Cabbage Roll recipe

Of course you can customize this recipe. It can work with different combinations of ingredients. For instance if you don’t like beef you can use chicken and if you want a healthier rice use brown rice.

My favorite has always been the combination of cabbage and beef. But you can use ingredients that fit you lifestyle and taste. A few things to remember when home cooking

It’s important to have the right saute pan, you don’t need a lot of pans, but you do need the right sized ones. To have a well functioning kitchen you need the right equipment just like in a commercial kitchen it’s the most important part. Here’s a link to a complete set of pans, or if you want to start with one and build from there here’s a good all around saute pan.

Every kitchen needs at least one covered casserole dish that goes from oven to table to dishwasher here is my favorite one. It’s a little pricey but you only need one that you can use for a lot of different recipes

Just one more thing, 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, by adding a cut potato. speaking of soups if your looking for the best and my personal favorite soup try my Italian vegetarian minestrone soup.

If you make this please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you!!!!

Savory Italian-Style Cabbage Roll



Tender cabbage leaves are filled with seasoned beef and rice, then baked in rich marinara sauce for a comforting Italian-style classic that's hearty and full of savory flavor.

- 2 tbsp olive oil
- 1 head savory cabbage
- 1 lb ground beef
- 2 cups cooked rice
- 1 chopped onion
- 3 tbsp chopped garlic
- 3 cups prepared marinara sauce
- 2 tbsp each Italian parsley, basil and thyme
- ½ cup parmesan
- Salt and pepper to taste

1. Preheat oven to 325
2. With a sharp paring knife core the cabbage separating the leaves being careful not to tear them
3. In a large stock pot in rapidly boiling salted water par boil the cabbage for 5 minutes
4. Drain cabbage reserving 2 cups of the water before draining run the cabbage under cold water
5. 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

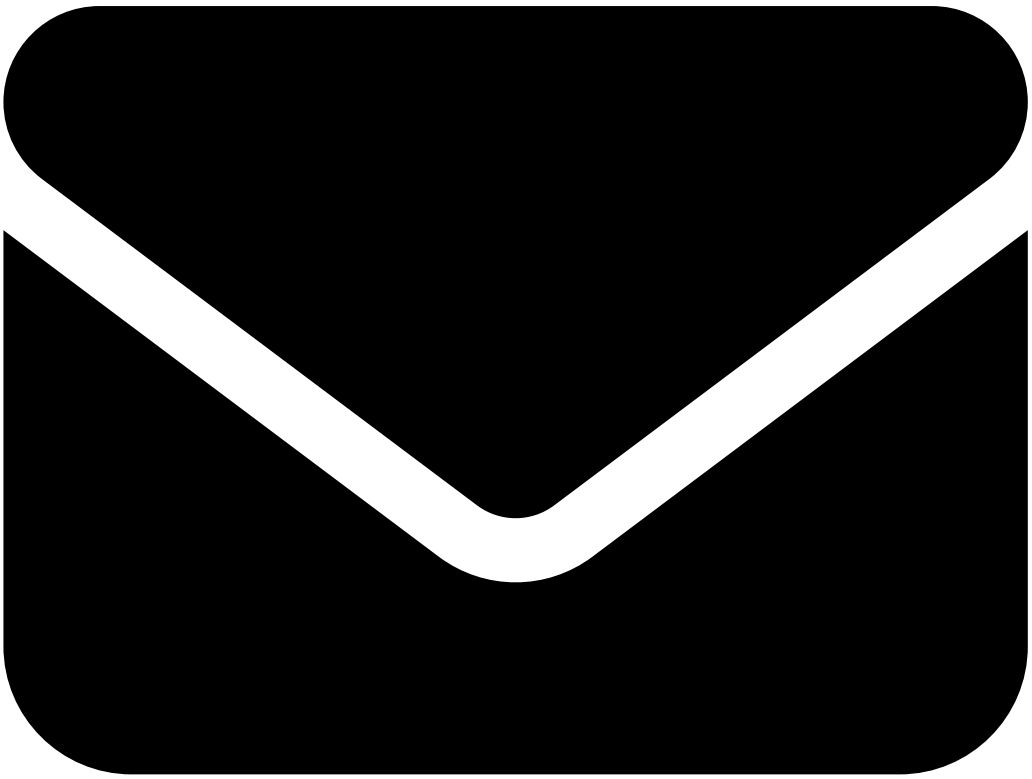
6. Add ground beef and saute just until slightly pink
7. Add the cooked rice, herbs, and 1 cup of prepared marinara mix well
8. Fill the cabbage leaves with the ground beef mixture roll tightly
9. Mix remaining 2 cups of marinara with the reserved cabbage water
10. Spread 1 cup of the marinara sauce in a 9 x 12 casserole dish
11. Line with the stuffed cabbage leaves
12. Pour remaining marinara over the cabbage rolls
13. Bake covered at 375 degrees for 1/2 hours. Uncover and bake an additional 10-15 minutes.

Flank Steak Skewers

Flank Steak Skewers

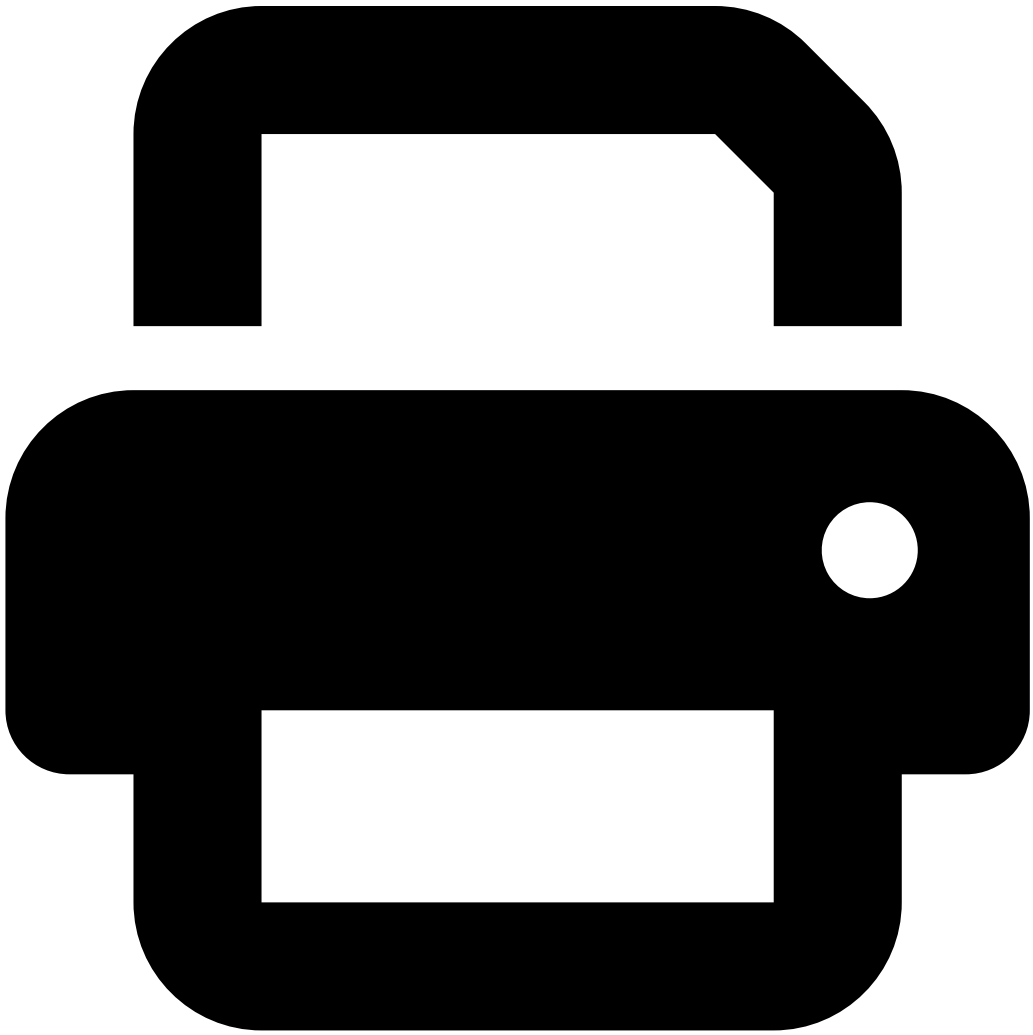
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These Flank Steak Skewers are are all about Summer and this 4th of July weekend. A whole meal right here on these metal skewers, the steak, the vegetables and the flavor. Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.
But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out prefect every time.

The difference between the two is just a few ingredient and sugar!!! Because I added sugar, it also added an extra step, cooking it to melt the sugar.

Those little changes produced big results in terms of flavor. This recipe works well with chicken too, if you want something lighter.

Wood Versus Metal Skewers

In this Flank Steak Skewer recipe I used 12 inch long metal Skewers. Skewers come in a variety of lengths and materials. Wooden bamboo too are a great option for camping trips or when you don't want to have to wash metal ones. They're inexpensive and typically quite sharp.

But there are a few downsides that you might want to consider upgrading to reusable metal skewers. Bamboo is a naturally fibrous and tends to split easily, what this means is you have to be careful you don't end up with wood splinters in your meat.

They also burn, soaking wooden skewers in water for 30 minutes helps to prevent them from burning while cooking. I prefer metal skewers , which have a long life are reusable and thus easier on the environment. They won't catch on fire , but you do need to be careful as they get incredibly hot. We're in the grilling season and in my house meals on metal skewers and Summer go together.

Happy 4th of July my friends remember the reason for the celebration….. The Land of the Free because of the Brave!!!

If you make this recipe please leave me a comment and don't forget to tag me on Instagram hearing form is my favorite part!!!!

Flank Steak Skewers



Tender flank steak and colorful vegetables are marinated, brushed with sweet and tangy balsamic BBQ sauce, and grilled until perfectly charred for a flavorful Italian-inspired meal.

- 1 cup balsamic vinegar
- ¼ cup red wine vinegar
- ½ cup water
- ½ cup brown sugar
- 2 tbsp hot sauce
- 2 lbs Flank steak
- 1 tbsp each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste
- 2 zucchini cut in thick rounds
- 1 red and green bell pepper cut in seeded and cut in large squares
- 2 red onions cut in chunks

1. Mix first 7 ingredients
2. Simmer covered for 15 minutes
3. Make a marinade for the meat and vegetables by whisking of 1 tablespoon each garlic, onion, and paprika powder, thyme,Worcestershire, 1/3 cup olive oil and juice from two lemons
4. Cut steak into large cubes
5. Put steak and marinade in a large plastic baggie and

refrigerate for two hours or overnight reserving 1/4 cup to marinate the vegetables

6. Preheat grill or indoor oven to 400
7. Pour reserved marinade over cut vegetables
8. Coat Flank steak in the balsamic BBQ sauce
9. On medal skewers alternate layering the meat and vegetables
10. Grill for 20 minutes or oven roast basting the skewers with the BBQ sauce and turning to brown evenly