

Italian Sausage & Spinach Stuffed Butternut Squash

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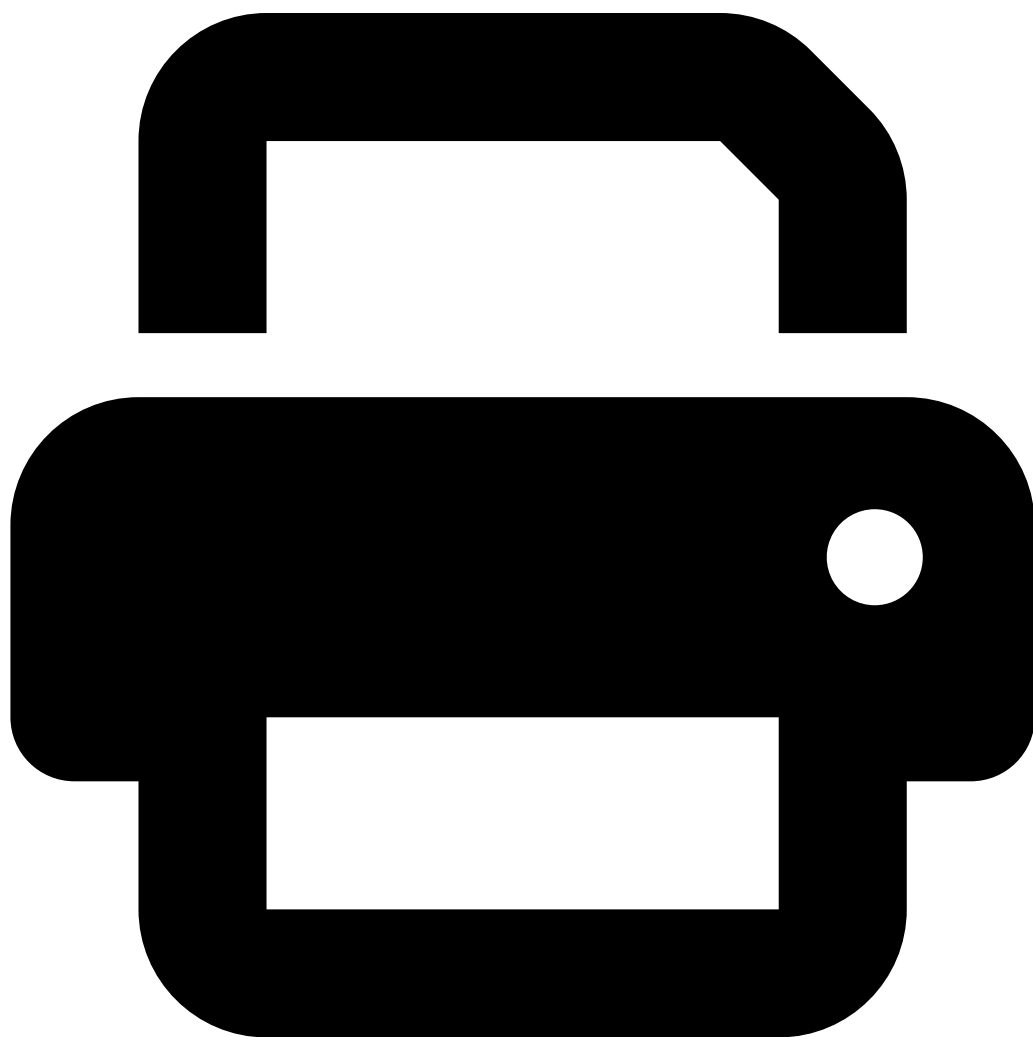
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Happy October !!! I love this time of year when butternut squash comes into season—there’s just something so cozy about roasting it until it’s golden and tender.” When you scoop it out and fill it with savory Italian sausage, garlicky spinach, and plenty of melty cheese, you’ve got a meal that’s as beautiful as it is satisfying. This stuffed butternut squash is hearty enough to be the star of your dinner table, yet elegant enough to serve for a special occasion.

The best part? Nothing goes to waste. The sweet roasted squash flesh is mixed right into the filling, giving it a creamy richness that balances perfectly with the savory sausage and Parmesan. Finished with bubbling mozzarella on top, every bite brings that rustic Italian warmth that makes you want to linger at the table just a little longer.

Things to know about this Italian Sausage & Spinach Stuffed Butternut Squash

Make Ahead:

You can roast the butternut squash and cook the sausage filling a day in advance. Store them separately in the fridge, then stuff and bake when ready to serve.

Variations:

- Swap spinach for kale or Swiss chard.
- Try sweet Italian sausage for a milder flavor or spicy for a kick.
- For a vegetarian version, leave out the sausage and bulk up the filling with sautéed mushrooms or cooked lentils.

Storage:

Leftovers keep well in the fridge for up to 3 days. Reheat in the oven at 350°F until warmed through, or in the microwave for a quick meal.

Serving Tip:

This dish is hearty on its own, but pairs beautifully with a crisp green salad or a loaf of warm, crusty bread

More Cozy Italian Recipes to Try

If you loved this Italian sausage and spinach stuffed butternut squash, here are a few more recipes you won't want to miss:

- Italian Sausage and Mushroom Risotto – creamy, comforting, and restaurant-worthy.
- Italian Escarole and Beans with Sausage – a rustic

favorite perfect for chilly nights.

- Creamy Sausage Tortellini Soup – rich, hearty, and ready in under 30 minutes.
- Italian Roasted Sausage, Potatoes, and Peppers – a classic tray-bake meal with bold flavors.

Italian Sausage & Spinach Stuffed Butternut Squash



This Italian Sausage & Spinach Stuffed Butternut Squash is a hearty, flavor-packed meal featuring tender roasted squash filled with savory Italian sausage, sautéed spinach, garlic, herbs, and melted cheese. It's an easy, wholesome dinner that's perfect for fall and cozy family meals.

- 2 small butternut squash (halved lengthwise, seeds scooped out)
- 3 Tbsp. olive oil (divided)
- Salt and black pepper, to taste
- 2 links Italian sausage (mild or spicy, casings removed)
- 1/2 cup onion, diced
- 1 clove garlic, minced
- Flesh from the roasted butternut squash (scooped out and roughly chopped, leaving about $\frac{1}{2}$ inch in the shells)

- 2 cups fresh spinach (roughly chopped)
- 1/3 cup sun-dried tomatoes, chopped (optional but adds sweetness and depth)
- 1 tsp. dried Italian herbs (oregano, thyme, basil mix)
- 1/2 cup breadcrumbs (Italian style)
- 1/3 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 2 Tbsp. fresh parsley, chopped

1. Roast the squash.

Preheat oven to 400°F (200°C).

Brush squash halves with 2 tablespoons olive oil and season with salt and pepper.

Place cut side down on a baking sheet lined with parchment. Roast for 35–45 minutes, until flesh is fork-tender.

2. Make the filling

While the squash roasts, heat 1 tablespoon olive oil in a large skillet.

Add sausage and cook, breaking it up with a wooden spoon, until browned (about 7 minutes).

Add onion and garlic, cooking until softened.

Scoop out some of the roasted squash flesh (leaving about $\frac{1}{2}$ inch along the sides for stability) and roughly chop it. Add it to the skillet and stir into the sausage mixture.

Stir in spinach and cook until wilted.

Add sun-dried tomatoes, Italian herbs, breadcrumbs, Parmesan, and half of the mozzarella. Mix well, then remove from heat.

3. **Stuff the squash**

Fill each squash cavity with the sausage–squash mixture, packing it in.

4. **Bake**

Top with the remaining mozzarella.

Return to oven and bake at 375°F for 15–20 minutes, until cheese is melted and golden.

5. **Serve**

Garnish with fresh parsley and extra Parmesan. Serve hot as a main dish.

Main Course

Italian

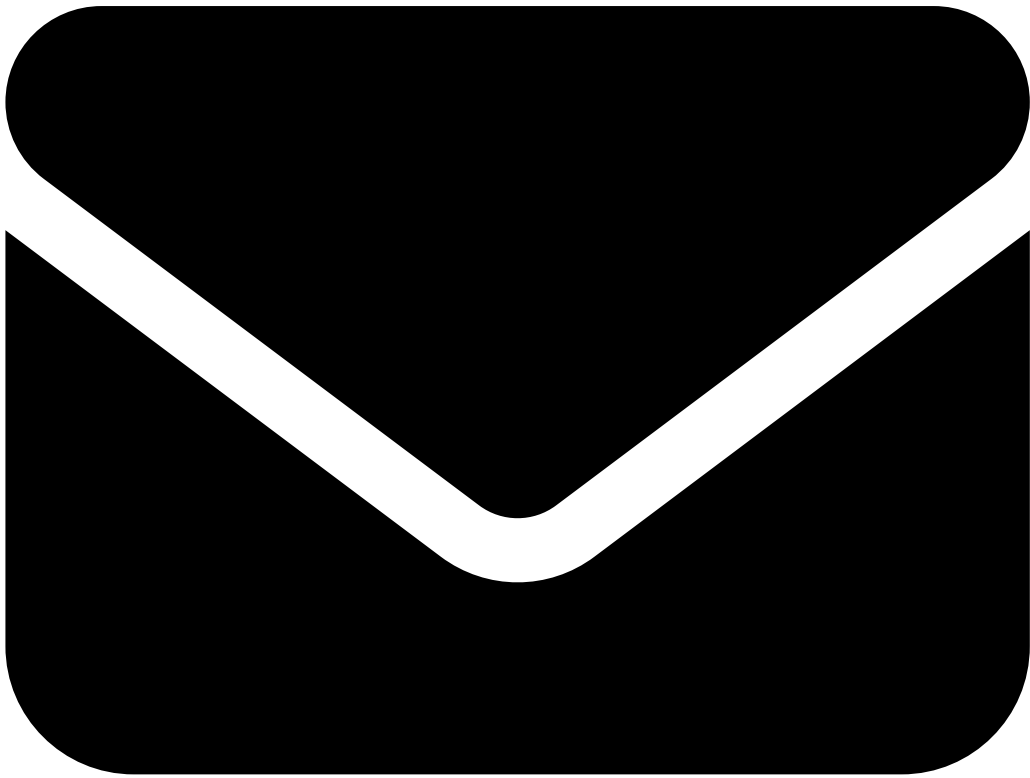
Italian sausage stuffed butternut squash,

Italian Cod Puttanesca Recipe

Italian Cod Puttanesca Recipe

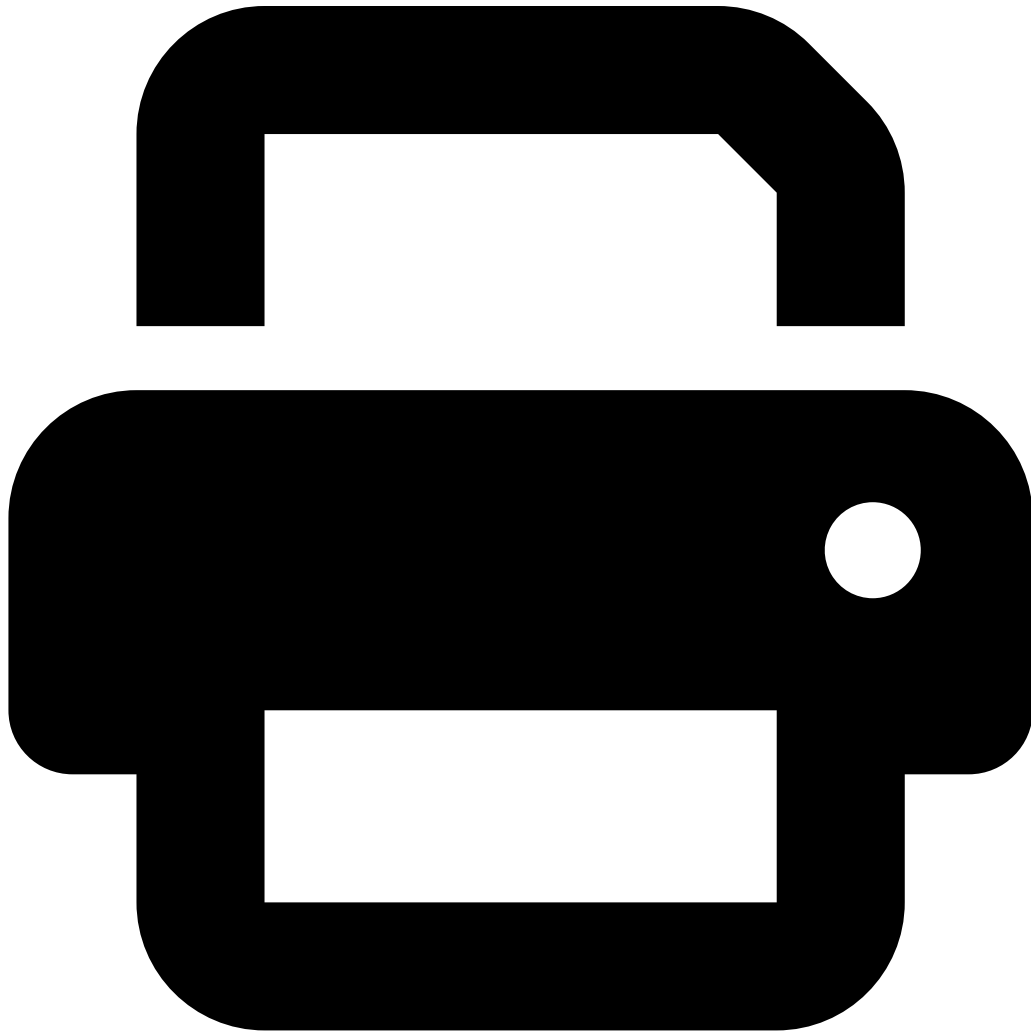
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Cod Puttanesca is a delicious twist on the classic Italian pasta sauce known as *sugo alla puttanesca*. This bold, savory sauce originated in Naples in the mid-20th century and is famous for its briny mix of olives, capers, garlic, and anchovies simmered in tomatoes. Some say it was invented by resourceful cooks who threw together whatever pantry staples they had on hand, while others believe its name comes from the lively neighborhoods where it first became popular. Traditionally served with pasta, this rustic sauce also pairs beautifully with fresh fish. In this recipe, delicate cod fillets are gently simmered in puttanesca sauce, creating a light yet hearty meal that's full of authentic Italian flavor.

Things to know about Italian Cod Puttanesca Recipe

- **Cod cooks quickly:** Unlike salmon, cod is delicate and only needs a few minutes to finish in the sauce.

Overcooking will make it dry.

- **Anchovies add depth:** Even if you're not an anchovy fan, they melt into the sauce and give it an authentic, savory flavor.
- **Best tomatoes to use:** Whole San Marzano or high-quality canned tomatoes give the richest flavor.
- **Make it ahead:** The puttanesca sauce can be made a day in advance; just add the cod when ready to serve.

More Recipes You'll Love

If you enjoyed this **Cod Puttanesca**, try some of my other Italian favorites:

- **Salmon Puttanesca** – another light and flavorful take on this classic sauce.
- **Shrimp Scampi Spaghetti** – garlicky, buttery, and perfect with pasta.
- **Tuscan Orzo with Pan-Seared Salmon** – a hearty one-pan Italian dinner.
- **Serving ideas:** Pair with crusty bread, spoon over pasta or orzo, or keep it light with a side of roasted vegetables.

Italian Cod Puttanesca Recipe



This Italian Cod Puttanesca Recipe features flaky cod simmered in a bold tomato sauce with olives, capers, garlic, and herbs. It's a classic Italian-inspired seafood dinner that's easy enough for weeknights yet elegant enough for entertaining.

- 4 6 oz. cod fillets (skinless)
- 3 Tbsp. olive oil, divided
- 1 clove cloves, thinly sliced
- 3 Tbsp. onion finely chopped
- 1 14 oz. can whole peeled tomatoes, crushed by hand
- 1/2 cup pitted Kalamata olives, halved
- 2 Tbsp. capers, rinsed
- 4 fillets anchovy fillets, chopped (optional but traditional)
- 1 tsp. red pepper flakes (adjust to taste)
- 1/2 cup dry white wine
- 1 Tbsp. Fresh parsley, chopped (for garnish)
- Salt and freshly ground black pepper, to taste

1. Prepare the cod

Pat cod fillets dry and season lightly with salt and pepper.

Heat 2 tbsp olive oil in a large skillet over medium-high heat.

Sear cod on each side for about 2–3 minutes, until golden. Remove to a plate (it will finish cooking in the sauce).

2. Make the sauce

In the same skillet, add remaining 1 tbsp olive oil.

Sauté garlic and onion until fragrant and softened, about 3 minutes.

Add anchovies (if using) and cook until they melt into the oil.

Stir in red pepper flakes, capers, and olives. Cook 1–2 minutes.

Deglaze with white wine (optional), scraping up any browned bits.

Add crushed tomatoes, stir, and simmer uncovered for about 10 minutes until slightly thickened.

3. Finish with the cod

Nestle the cod fillets into the sauce.

Spoon some sauce over the top, reduce heat to low, and cover.

Cook 5–7 minutes, until cod is opaque and flakes easily with a fork.

4. Serve

Garnish with fresh parsley.

Serve with crusty bread, pasta, or over a bed of orzo to soak up the sauce.

Main Course

Italian

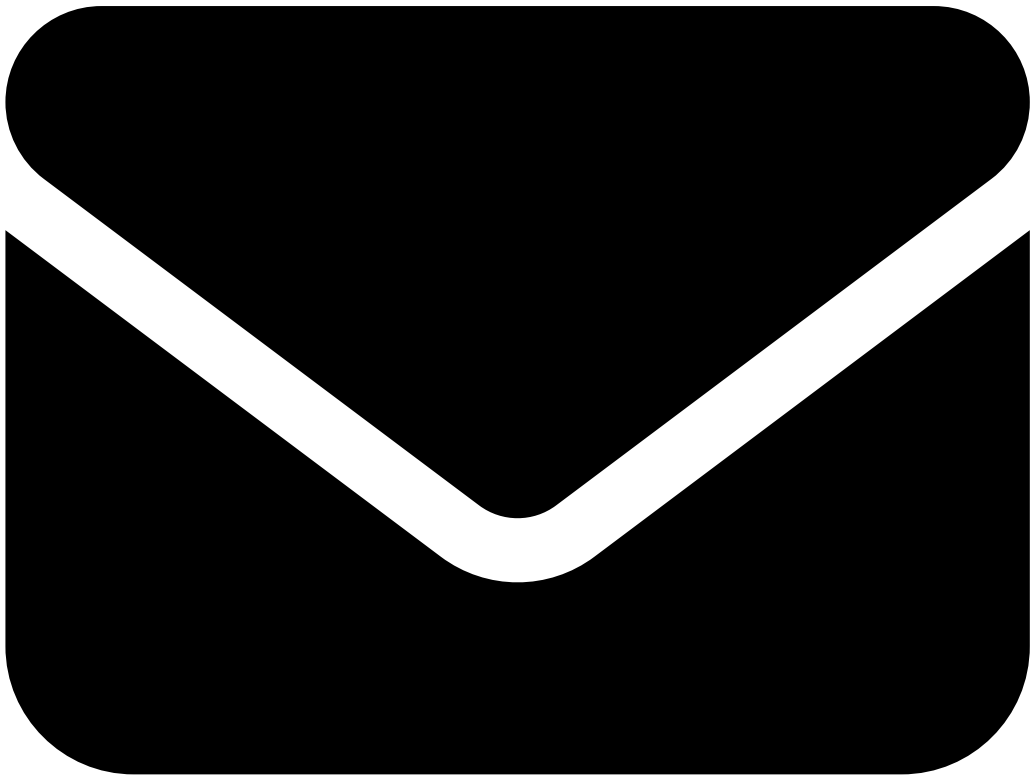
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Creamy Mushroom and Italian Sausage Risotto

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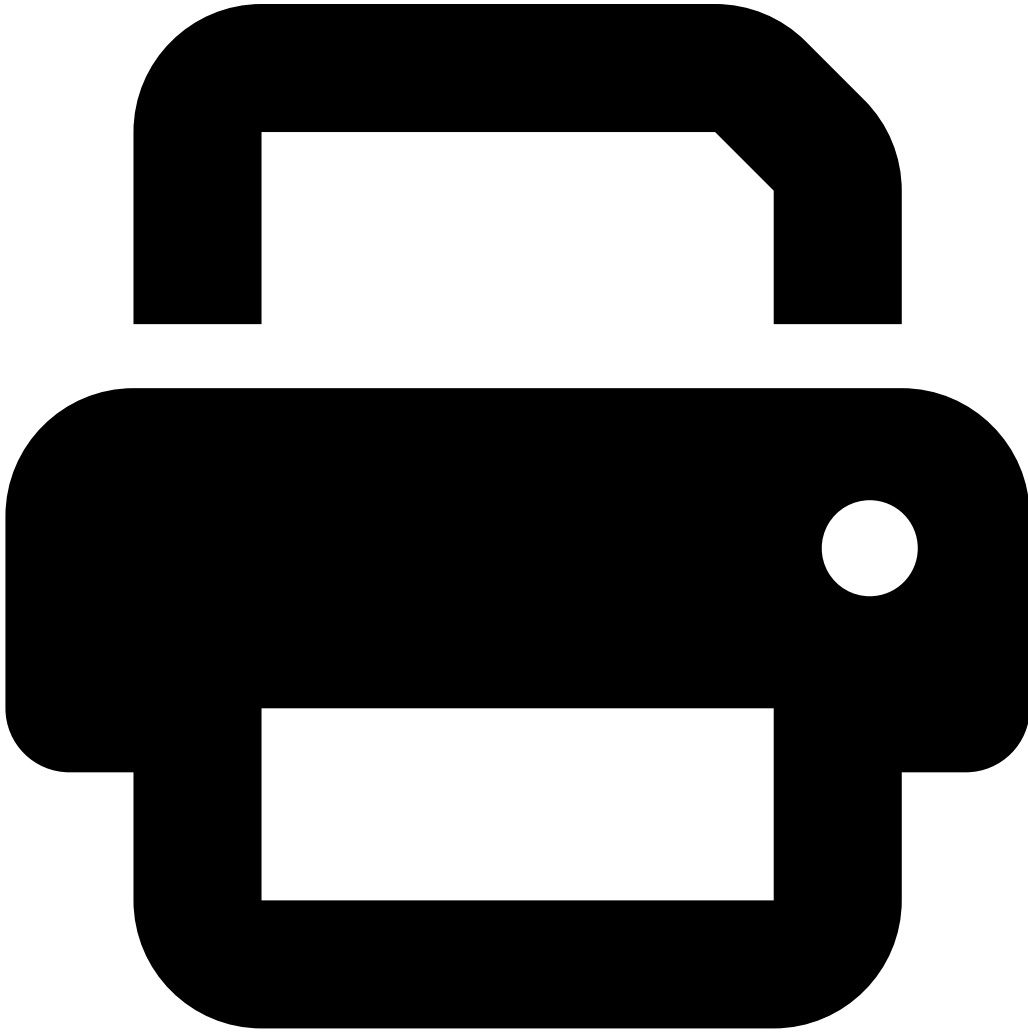
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It's no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.

Well I am here to tell you this Homemade Restaurant creamy Mushroom and Italian sausage risotto isn't complicated at all.

Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency.

The broth can be derived from meat, fish or vegetables, I used chicken broth, if you are vegetarian you can use vegetable stock.

This is one of those recipes you make a enough of, for next day reheats or freeze for a quick ready made meal.

Plus, risotto is easy and versatile enough to have on your family weeknight meal plan. This restaurant quality recipe is also perfect for Holiday dinner with friends, to show off what a great home chef you are.

Things to know about this Creamy Mushroom and Italian Sausage Risotto

- **Rice Matters:** Arborio rice is best for risotto because it releases starch as it cooks, giving you that creamy texture. Don't substitute with regular long-grain rice.
- **Broth Temperature:** Keep your chicken broth warm. Adding cold broth slows down the cooking and can make the risotto less creamy.
- **Stir Often:** Risotto needs attention! Stirring helps release the starch from the rice and prevents sticking.
- **Sausage Options:** You can use sweet or spicy Italian sausage depending on your taste. Either works beautifully with the mushrooms.
- **Finishing Touch:** Stir in butter and Parmesan off the heat for an extra creamy, rich finish. A sprinkle of fresh parsley brightens the dish just before serving.
- **Make-Ahead Tip:** Risotto is best served immediately, but if you need to make it ahead, undercook it slightly, then reheat with a splash of broth to bring it back to creamy perfection.
- Craving more comforting Italian dishes? Check out my **Classic Chicken Parmesan**, **Creamy Italian Sausage mushroom Pasta**, or **Zuppa Toscana Soup** for more hearty, restaurant-style recipes you can make at home. Don't forget to **save this risotto recipe** so you can enjoy it any night of the week!

Creamy Mushroom and Italian Sausage Risotto



This Creamy Mushroom and Italian Sausage Risotto is rich, creamy, and full of authentic Italian flavor. Made with Arborio rice, savory Italian sausage, earthy mushrooms, Parmesan cheese, and a splash of white wine, this comforting dish is perfect for a cozy weeknight dinner or a special occasion.

- 2 links Italian sausage, casings removed
- 2 cups Arborio rice
- 8 oz, mushrooms, sliced (cremini, button, or mixed)
- 2 Tbsp. shallot, finely chopped
- 1 clove garlic, minced
- 4 cups chicken broth, kept warm
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 Tbsp fresh Italian parsley, chopped
- Salt and black pepper, to taste

1. Heat 1 tablespoon olive oil in a large skillet or saucepan. Add the sausage, breaking it up as it cooks, until browned.
2. In the same pan, add the remaining olive oil and 1

tablespoon butter. Sauté the onion until soft, then add garlic and mushrooms. Cook until mushrooms are golden.

3. Stir in the Arborio rice and toast for 1–2 minutes until edges are translucent.
4. Pour in the wine, stirring until it is absorbed.
5. Begin adding warm chicken broth one ladleful at a time, stirring often. Allow each addition to be absorbed before adding more. Continue until the rice is creamy and tender, about 18–20 minutes.
6. Add the cream and simmer 5 minutes longer.
7. Season with salt and pepper to taste. Serve immediately while creamy.

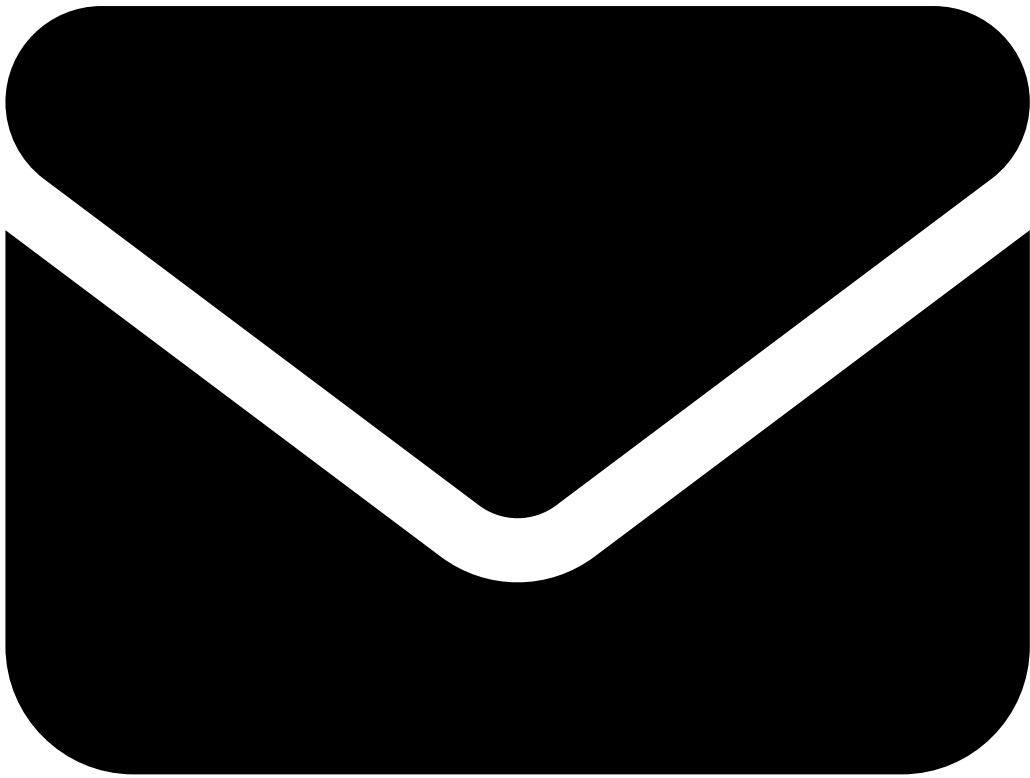
Main Course, Side Dish
Italian

Italian Sausage Stuffed Portobello Mushrooms

Italian Sausage Stuffed Portobello Mushrooms

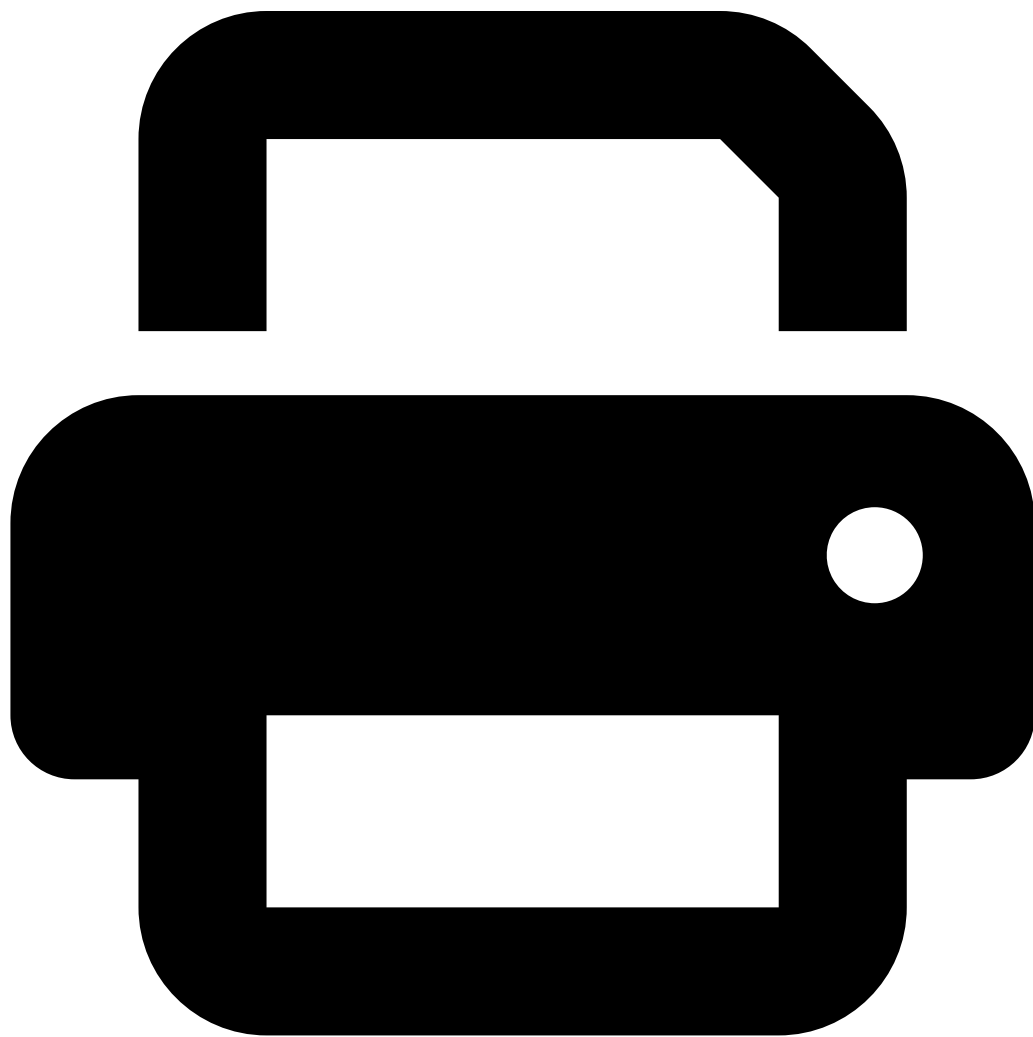
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When it comes to cozy Italian cooking, stuffed vegetables are always a favorite – from peppers to zucchini to eggplant. These Italian Stuffed Portobello Mushrooms bring that same rustic charm to the table, with hearty mushroom caps overflowing with savory sausage, herbs, spinach, and gooey melted cheese. They're comforting yet elegant, perfect as an appetizer for entertaining or a light main dish with a simple salad on the side. What I love most is how the mushrooms act like little “bowls,” soaking up all the garlic, olive oil, and cheesy goodness. This same filling works wonderfully for stuffing smaller white or cremini mushrooms.

Things to know about these Italian sausage Stuffed Portobello Mushrooms

- **Picking the right mushrooms:** Choose large, firm

portobello caps with deep gills. They'll hold up better when stuffed and baked.

- **Drain excess moisture:** Mushrooms release water as they cook. To avoid sogginess, brush them with olive oil and pre-bake for 5–7 minutes before adding the filling if you like them firmer.
- **Cheese options:** Mozzarella gives you that melty stretch, but you can also use provolone for a sharper bite or fontina for a creamier texture.
- **Breadcrumbs matter:** Italian-style breadcrumbs add great flavor, but panko makes the topping extra crispy.
- **Make it vegetarian:** Skip the sausage and add extra spinach, sun-dried tomatoes, and ricotta or cannellini beans for a protein boost.
- **Meal ideas:** Serve two stuffed portobellos per person with a side of roasted potatoes or a crisp Italian salad for a full dinner. They also work beautifully as a starter for a fall dinner party.
- **Mini version:** This same filling works wonderfully for stuffing smaller white or cremini mushrooms. Perfect for party appetizers or holiday platters. Follow the same instructions, and lower the cooking time by 5 -7 minutes.
- If you enjoyed these **Italian Stuffed Portobello Mushrooms**, be sure to try some of my other cozy Italian favorites:

- **Classic Orecchiette with Italian Sausage and Broccoli Rabe**

- **Creamy Sausage Tortellini Soup**

- **Italian Green Beans and Potato Salad**

They're all simple, full of flavor, and perfect for weeknight dinners or entertaining.

Italian sausage Stuffed Portobello Mushrooms



These Italian Sausage Stuffed Portobello Mushrooms are hearty, cheesy, and packed with savory Italian flavors. Large Portobello mushroom caps are filled with Italian sausage, garlic, herbs, and melted cheese, then baked until tender and golden for an easy low-carb dinner or satisfying appetizer.

- 4 Large portobello mushrooms, stems and gills removed
- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 cup Italian breadcrumbs
- 1/2 cup grated parmesan cheese
- 1 cup finely chopped fresh spinach
- 2 Tbsp. fresh Italian parsley, chopped
- 2 tsp. Italian herbs
- 1 cup shredded mozzarella
- Salt and black pepper, to taste
- My easy marinara sauce for serving

1. Prep the mushrooms

Preheat oven to 375°F (190°C). Clean the portobellos by gently wiping them with a damp cloth. Remove stems and scrape out the gills with a spoon. Brush both sides with olive oil and place on a parchment-lined baking sheet or oven proof casserole dish.

2. Make the filling

In a bowl, combine breadcrumbs, parmesan, garlic, parsley, thyme, salt, and pepper. Drizzle in 1 tbsp olive oil and mix until crumbly.

3. Stuff the mushrooms

Divide filling evenly among the mushrooms, pressing lightly to pack. Top with shredded mozzarella or provolone if using.

4. Bake

Bake for 20–25 minutes, until the mushrooms are tender and the tops are golden brown.

5. Serve with my easy marinara sauce

Main Course, Side Dish

Italian

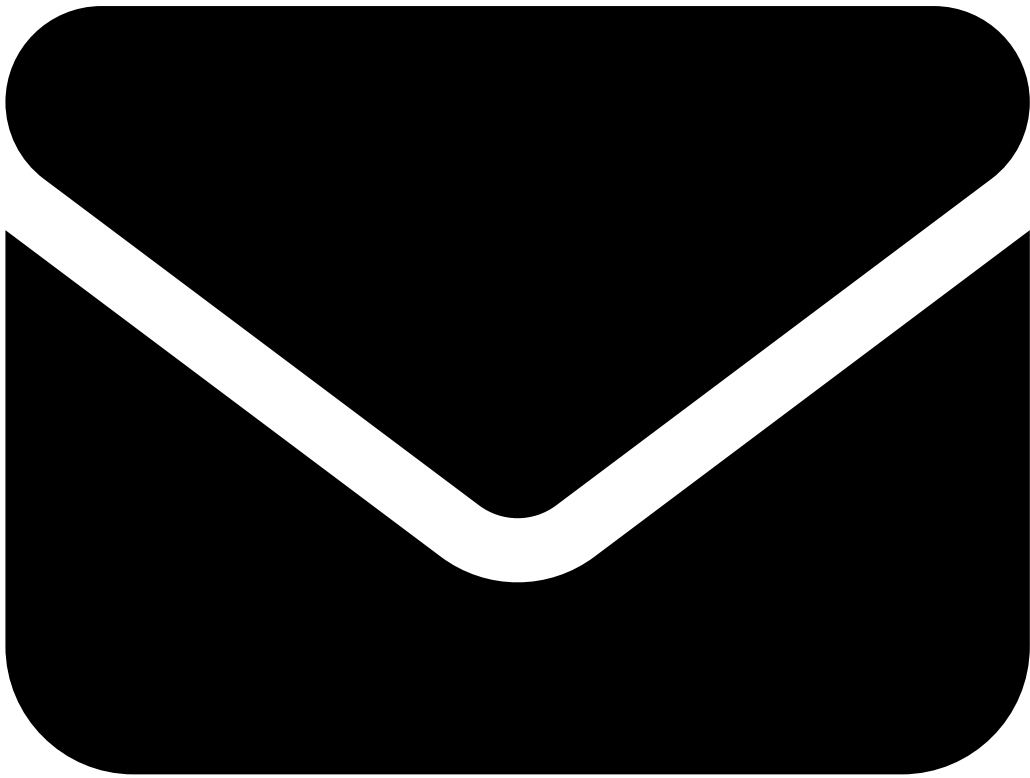
Italian sausage stuffed Portobello mushrooms,

Creamy Italian Zuppa Toscana Soup

Creamy Italian Zuppa Toscana Soup

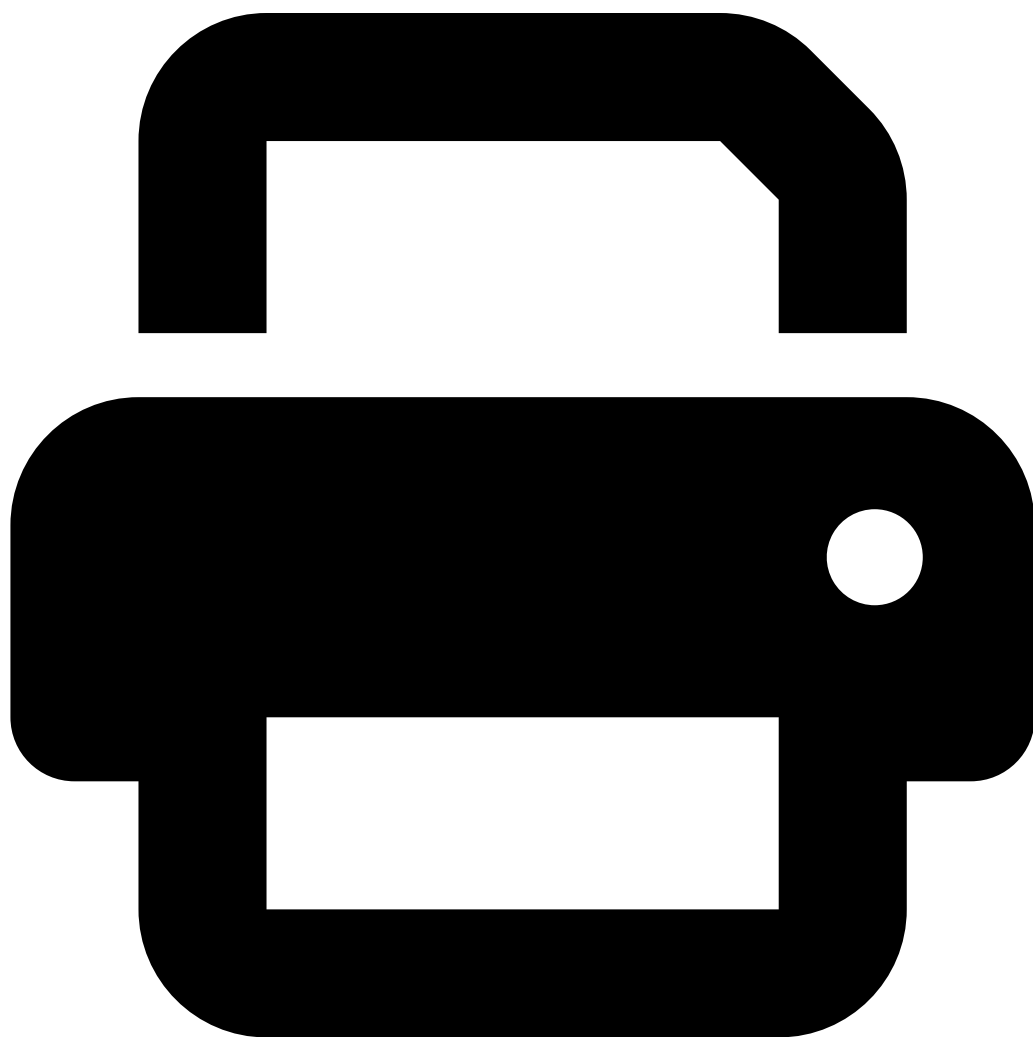
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Whenever the weather turns chilly, I can't resist making a big pot of soup. Over the years, I've made so many different kinds, both at home and in my restaurants, but this Zuppa Toscana has always been a favorite. Back when we were running our kitchens, soup was something I loved to feature because it brought people together – simple, comforting, and always changing with the season.

This version is one I make often for my family now. The smoky pancetta adds incredible depth, the sausage gives it that classic Italian heartiness, and the mix of kale and spinach reminds me of the rustic soups I grew up with. It's the kind of recipe that feels familiar yet special every time I serve it. And just like in the restaurant days, I can never resist pairing it with a warm loaf of crusty bread for dipping – because for me, that's where the comfort really begins.

Things to know about this Creamy Italian Zuppa Toscana Soup

- **Greens:** I like to use both kale and spinach – the kale holds up beautifully in the simmering broth, and the spinach adds a touch of delicate freshness. If you only have one on hand, either works fine.
- **Sausage:** Mild or spicy Italian sausage is your choice. In the restaurants, we always used a mix to balance flavors.
- **Pancetta:** Don't skip it! The little bites of pancetta add that smoky, salty depth that makes this soup taste like it's been simmering for hours.
- **Potatoes:** Thinly sliced potatoes cook quickly, but diced potatoes are great if you prefer chunkier bites.
- **Cream:** For a lighter version, I sometimes swap the heavy cream for half-and-half. It still gives that rich, cozy texture without feeling too heavy.
- **Serving suggestion:** Always serve with a warm slice of crusty bread or focaccia – it's how we did it in the restaurant, and it makes all the difference at home too.

Variation ideas:

- Add a pinch of crushed red pepper for a little heat.
- Swap some of the potatoes for cannellini beans for extra protein.
- For a dairy-free option, use coconut milk instead of cream – it adds a subtle sweetness that pairs beautifully with the sausage.

If you love this cozy Tuscan soup, try it alongside my creamy sausage tortellini soup or my classic Italian sausage risotto – both are perfect for a comforting meal any night of the week!”

Creamy Italian Zuppa Toscana Soup



This Creamy Italian Zuppa Toscana Soup is a rich and comforting classic made with Italian sausage, tender potatoes, fresh kale, garlic, and a creamy broth. It's an easy one-pot soup that's perfect for chilly evenings and tastes even better the next day.

- 2 Tbsp olive oil
- 4 oz. pancetta, diced
- 2 links Italian sausage (mild or spicy, casings removed)
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 3-4 medium russet potatoes, thinly sliced or diced
- 6 cups chicken broth
- 1 tsp. crushed red pepper flakes (optional)
- Salt & freshly ground black pepper, to taste
- 3 cups chopped kale (stems removed)
- 2 cup chopped spinach
- 1 cup heavy cream (or half-and-half for lighter)
- Freshly grated Parmesan, for serving

1. Cook pancetta & sausage

In a large soup pot, heat olive oil over medium heat. Add pancetta and cook until golden and crisp. Add sausage, breaking it apart with a spoon, and cook until browned.

2. Sauté aromatics

Stir in onion and cook until softened, about 5 minutes. Add garlic and cook 1 minute more.

3. Simmer potatoes

Add potatoes, chicken broth, red pepper flakes, salt, and pepper. Bring to a boil, then reduce heat and simmer 15–20 minutes, or until potatoes are tender.

4. Add greens

Stir in kale and spinach; cook 3–4 minutes until wilted.

5. Finish with cream

Lower heat, stir in heavy cream, and warm through without boiling. Adjust seasoning as needed.

6. Serve

Ladle into bowls, sprinkle with Parmesan, and serve with crusty bread.

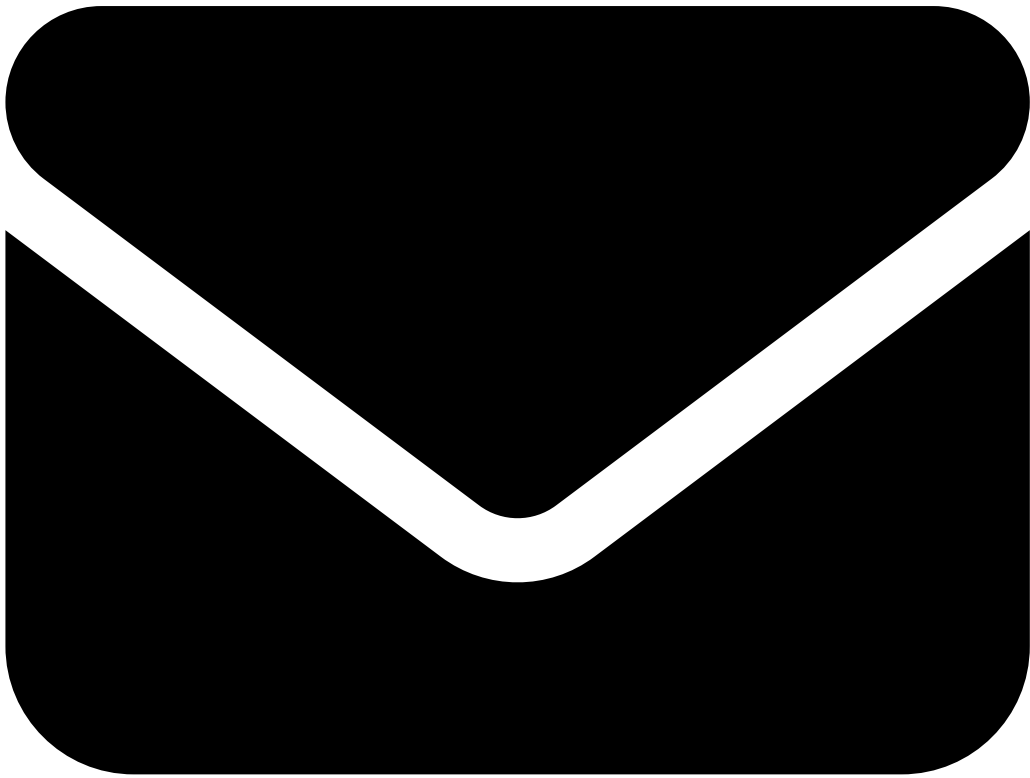
Soup
Italian
creamy Italian Zuppa Toscana soup

Italian Green Beans and Potato Salad

Italian Green Beans and Potato Salad

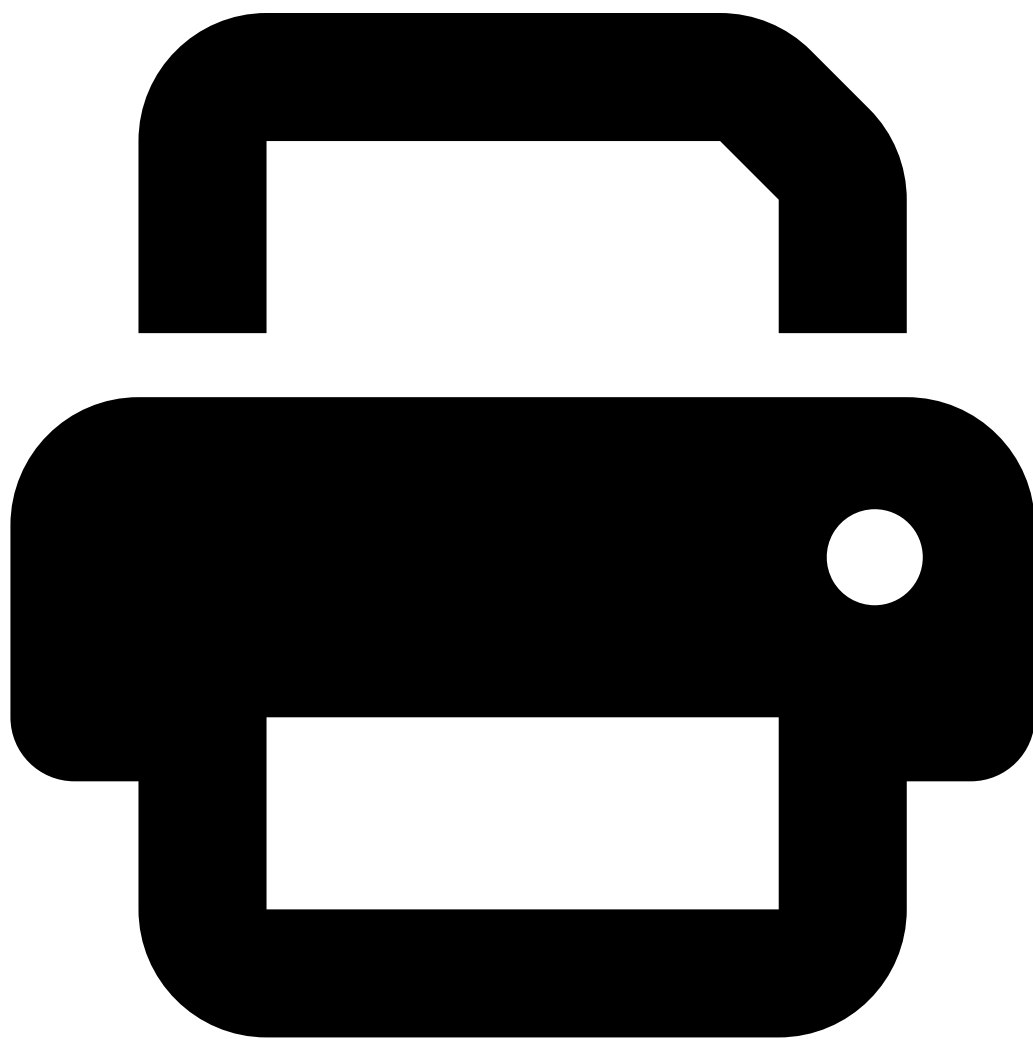
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There's something about the combination of fresh green beans and tender potatoes that always takes me back to family gatherings and summer cookouts. This Italian-style salad is a dish I grew up eating, especially when green beans were plentiful in the garden and new potatoes were just dug up. Unlike creamy American-style potato salad, this version is light, bright, and dressed simply with olive oil, vinegar, garlic, and herbs. It's rustic, refreshing, and full of flavor – the kind of dish that tastes even better after it sits for a little while and the flavors have had a chance to mingle.

What I love most about this salad is its versatility. It's not just for summer picnics – it's perfect anytime of the year. In warmer months, it shines as a light side dish for grilled meats or seafood, while in cooler months, it pairs beautifully with roasted chicken, baked fish, or even a cozy Sunday roast.

Things to know about this Italian Green Beans and Potato Salad

This salad tastes even better after a few hours in the fridge. The potatoes soak up the garlicky vinaigrette, and the green beans keep their crunch. Since it's made without mayo, it's perfect for picnics and potlucks, and it's just as welcome in the middle of summer as it is on a chilly autumn or winter day.

Variations to Try:

- Add a handful of kalamata or green olives for a briny bite.
- Make it heartier with canned tuna or sliced hard-boiled eggs.
- Swap the parsley for fresh basil or mint.
- Use fresh lemon juice instead of vinegar for a brighter flavor.

Love this recipe? Be sure to check out my other Italian-inspired sides like **Italian crispy roasted potatoes** or Fuyu Persimmon Walnut Salad.

Italian Green Beans and Potato Salad



This Italian Green Beans and Potato Salad is a fresh, flavorful side dish made with tender potatoes, crisp green beans, red onion, and a simple olive oil, garlic, and herb dressing. Served warm or chilled, it's perfect for barbecues, potlucks, holidays, or everyday family dinners.

- 4 cups potatoes (red or Yukon gold), cut in medium dice
- 1 Lb. fresh green beans, trimmed
- 1 cup red onion, thinly sliced
- 2 cloves garlic minced
- 1 cup extra virgin olive oil
- 1/2 cup red wine vinegar
- 1 Tbsp. Dijon mustard (optional, for extra tang)
- 2 tsp. dried oregano
- 1 tsp. red pepper flakes (adjust to taste)
- 2 Tbsp. fresh parsley, chopped
- Salt and freshly ground black pepper, to taste

1. Cook the potatoes

Place the potatoes in a large pot of salted water. Bring to a boil and cook until just fork-tender, about 12–15 minutes. Using a slotted spoon, remove the potatoes and set aside, keeping the cooking water in the pot.

2. Cook the green beans

In the same pot of boiling water, add the trimmed green beans and cook for 3–4 minutes, until bright green and tender-crisp. Drain and plunge into a bowl of ice water

to stop the cooking. Drain again.

3. Make the dressing

In a small bowl, whisk together the olive oil, vinegar, garlic, mustard (if using), oregano, salt, and pepper.

4. Assemble the salad

In a large serving bowl, combine the potatoes, green beans, and sliced red onion. Pour the dressing over the top and toss gently to coat.

5. Finish & serve

Sprinkle with chopped parsley and adjust seasoning with more salt, pepper, or vinegar to taste. Serve warm, at room temperature, or chilled.

Side Dish

Italian

Italian green beans and potato salad,

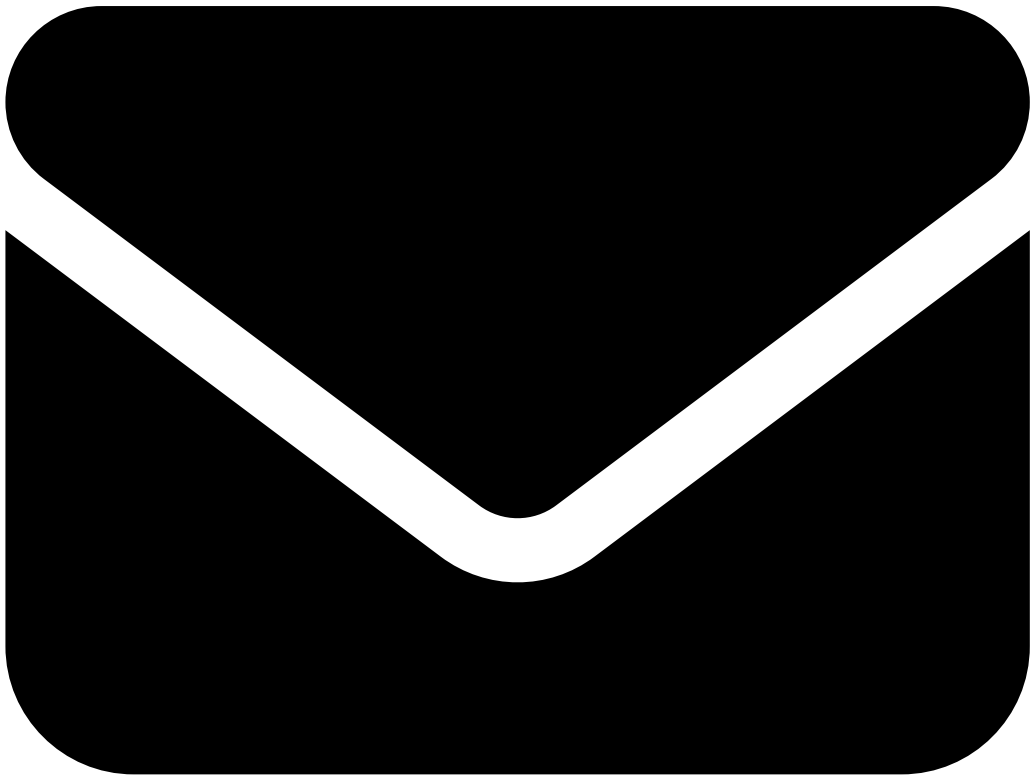
Spicy Italian Sausage cannellini Bean Soup

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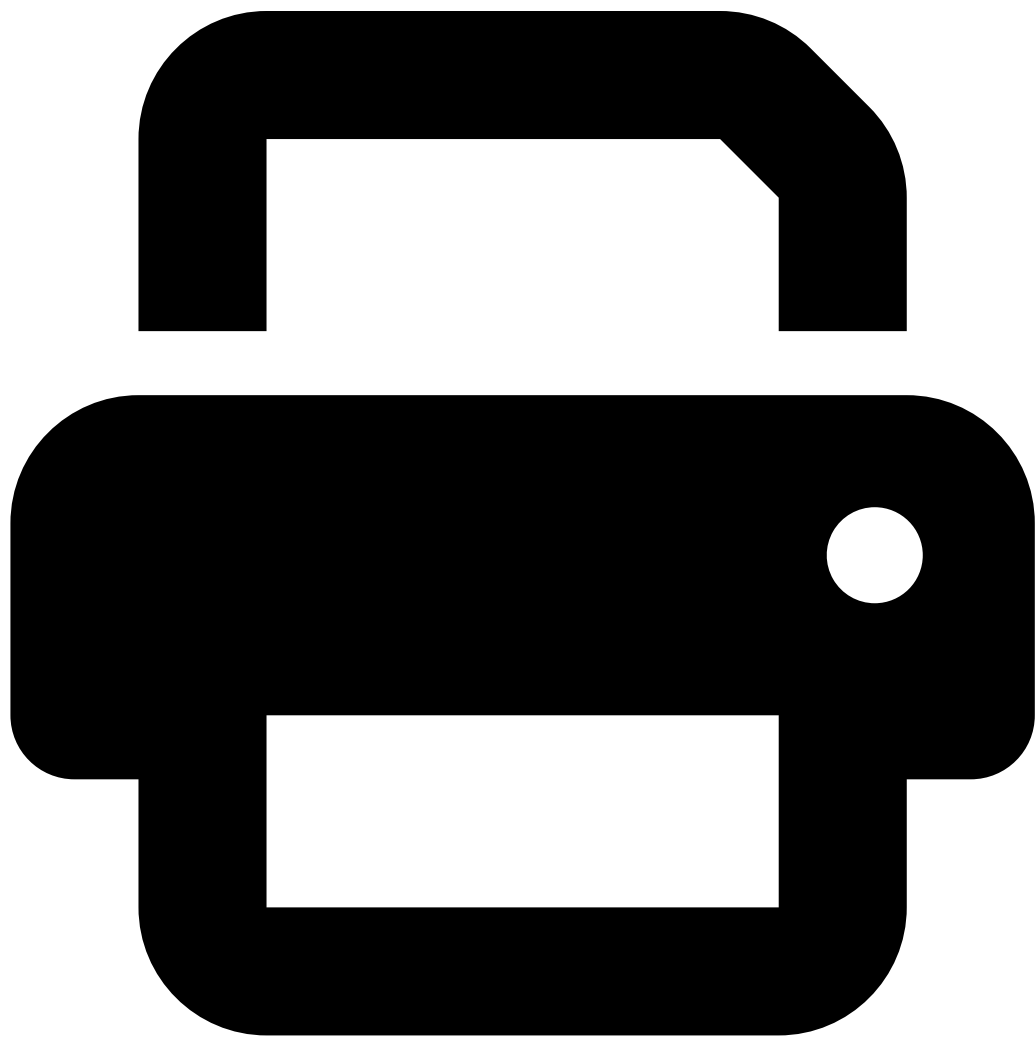
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There's something about a bowl of soup that instantly feels like home. Growing up, my mom always had a pot of beans simmering on the stove, filling the kitchen with the smell of garlic, herbs, and tomatoes. In my restaurants, we often served comforting Italian classics, but I loved giving them a little twist—like adding spicy sausage to a simple bean soup to give it warmth and depth. This spicy Italian sausage and cannellini bean soup in a rich tomato broth is one of those recipes that's both hearty and approachable. It's perfect for weeknight dinners when you want something satisfying but easy, yet it's fancy enough to serve when friends or family come over. Every spoonful is a reminder of the flavors of my childhood, with a little Italian restaurant flair.

**Things to know about this Spicy
Italian Sausage cannellini Bean**

Soup

- I always recommend soaking dried cannellini beans overnight—it makes them cook faster and gives the soup a creamier texture. I remember in my restaurants, we would sometimes slow-cook beans for hours, but soaking first always saved time without sacrificing flavor.
- This soup tastes even better the next day. If you make it ahead, the flavors meld beautifully, just like the soups we served in the restaurant that kept customers coming back.
- For a slightly thicker, creamier soup, mash a few beans against the side of the pot before serving. It's a trick I picked up from my mother-in-law's kitchen—simple but adds so much texture.
- Don't forget a drizzle of high-quality olive oil and a sprinkle of fresh parsley before serving—it adds brightness and a restaurant-style finish.

Variations

- **Greens for color and nutrition:** Stir in chopped kale, spinach, or escarole at the end for extra color and vitamins. I often did this in my restaurants to make the soup feel fresh and seasonal.
- **Extra heat:** Add more crushed red pepper flakes or a pinch of cayenne if you love spicy food. A little kick makes it cozy on cold evenings.
- **Hearty version:** Toss in small pasta shapes like ditalini or orzo to turn the soup into a filling one-pot meal. Perfect for serving hungry friends or family.
- **Cheese finish:** Top each bowl with shaved Parmigiano-

Reggiano for richness and a touch of Italian elegance. In my restaurants, this always felt like the finishing touch that made customers smile.

- **Broth twist:** For a deeper flavor, simmer the soup with a splash of white wine before adding the tomatoes—a trick I learned from years of playing with flavors in my kitchen.
- Love hearty Italian soups? Try my Italian escarole and beans with sausage for another comforting classic, or warm up with creamy sausage tortellini soup for a rich, flavorful meal.

Spicy Italian Sausage cannellini Bean Soup



This Spicy Italian Sausage Cannellini Bean Soup is a hearty one-pot meal made with savory Italian sausage, creamy cannellini beans, tomatoes, garlic, herbs, and a rich, flavorful broth. It's an easy, comforting soup that's perfect for busy weeknights or cozy weekends.

- 1 1/2 cups dried cannellini beans (soaked overnight, drained)
- 2 links spicy Italian sausage, casings removed

- 1 cup onion , finely chopped
- 1 cup finely chopped
- 1 cup finely chopped
- 2 cloves garlic, minced
- 1 14 oz. can crushed tomatoes
- 4 cups chicken or vegetable broth
- 1 cup water (plus more as needed)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp 1 tsp crushed red pepper flakes (optional, adjust to taste)
- Salt and black pepper, to taste
- 2 Tbsp. olive oil
- Fresh parsley, chopped (for garnish)

1. Prep the beans

Soak dried cannellini beans overnight in plenty of water. Drain and rinse before using.

2. Cook the sausage

In a large pot or Dutch oven, heat 1 tbsp olive oil over medium heat. Add sausage, breaking it into bite-sized pieces, and cook until browned. Remove sausage and set aside.

3. Make the soffritto

In the same pot, add remaining olive oil. Sauté onions, celery, and carrots until softened, about 5–7 minutes. Add garlic and cook 1 minute more.

4. Combine ingredients

Return sausage to the pot. Add crushed tomatoes, soaked beans, broth, water, oregano, thyme, and red pepper flakes. Stir to combine.

5. Simmer

Bring soup to a boil, then reduce heat to low. Cover and simmer gently for 45 minutes to 1 hour or until beans are tender. Stir occasionally and add more water or broth if needed to reach your desired consistency.

6. Season

Taste and adjust salt and pepper as needed.

7. Serve

Ladle into bowls and garnish with chopped parsley and a drizzle of olive oil. Top with grated Parmigiano-Reggiano if desired.

Soup

Italian

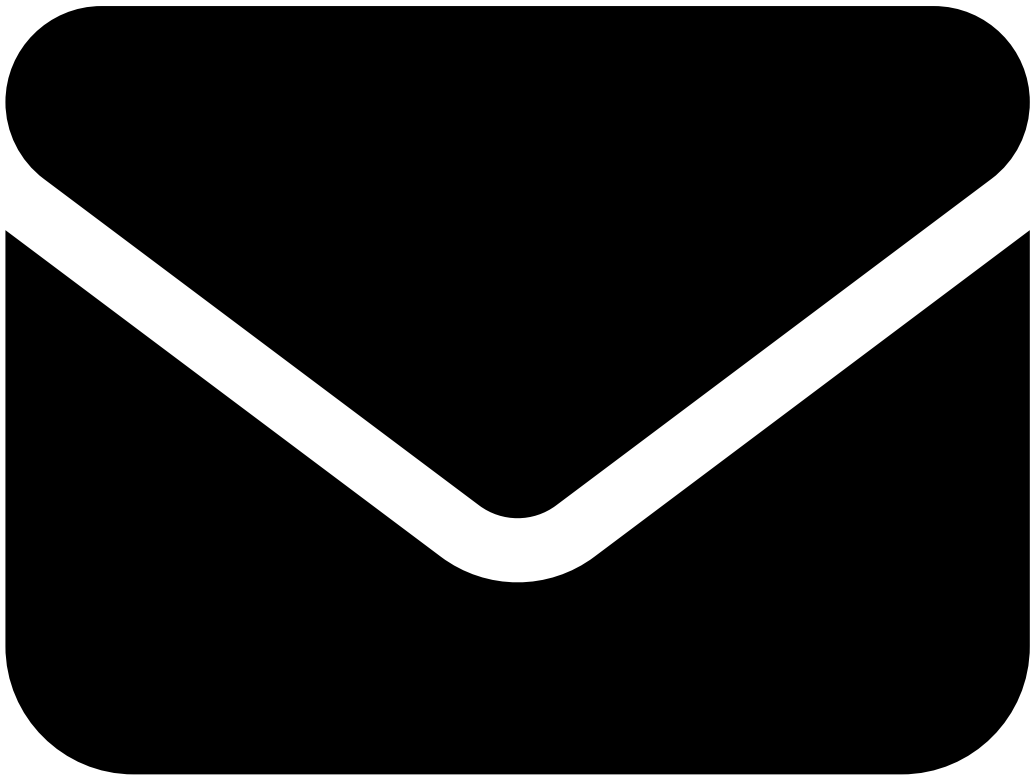
spicy Italian sausage cannellini bean soup,

Italian Sausage and Mushroom Pasta

Italian Sausage and Mushroom Pasta

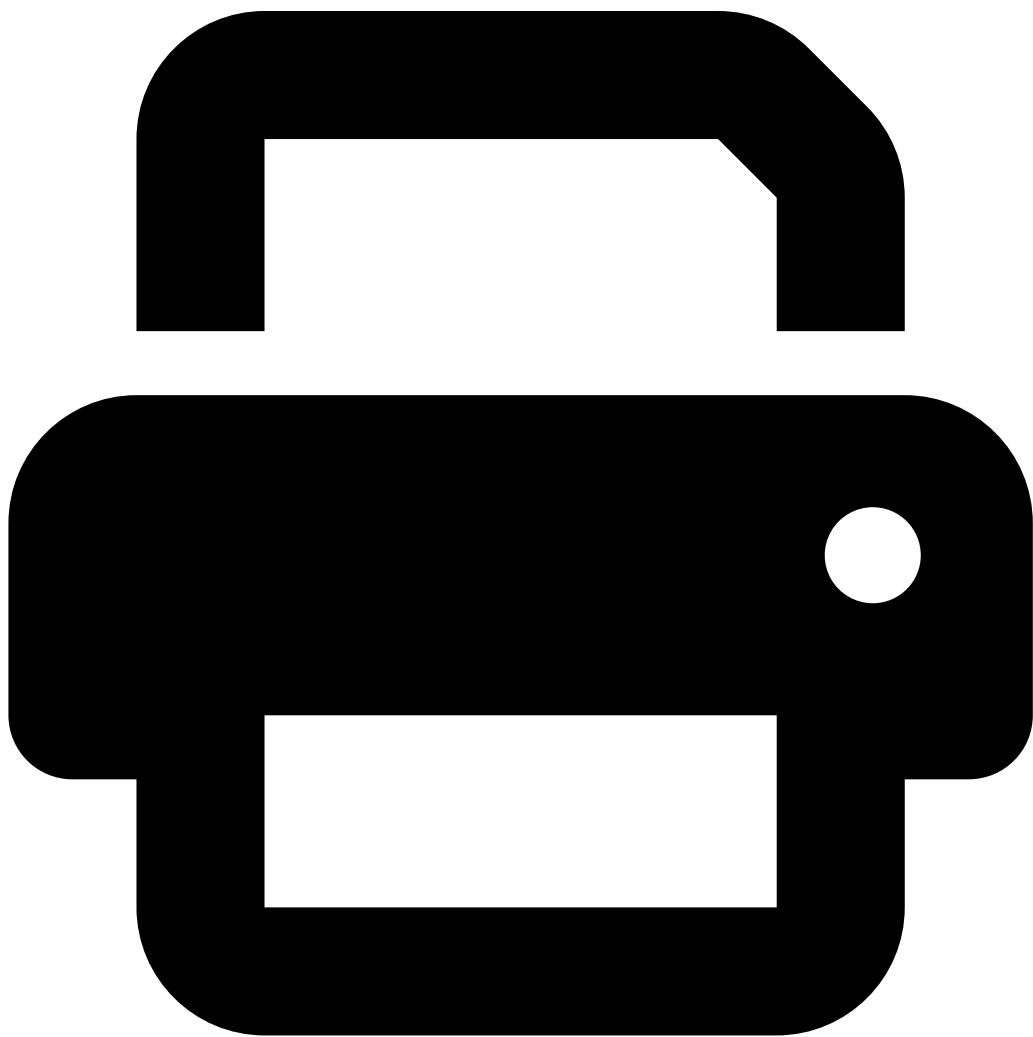
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This rustic **Italian sausage and mushroom pasta** is the kind of dish that brings the warmth of an Italian countryside kitchen right to your table. Savory sausage, earthy mushrooms, and sweet onions are simmered in a tomato-based sauce, then tossed with pasta and finished with parmesan. The addition of reserved pasta water ties everything together into a silky, flavorful sauce.

It's an easy, one-pan pasta dinner perfect for fall weeknights—or for serving family-style on a Sunday.

Things to know about this Italian Sausage and Mushroom Pasta

- **Pasta Choices:** This recipe works beautifully with short pasta shapes that hold the sauce well, like rigatoni,

penne, or orecchiette. If you prefer long noodles, try tagliatelle or pappardelle for a more elegant touch.

- **Mushroom Varieties:** Cremini or button mushrooms are great, but mixing in porcini, shiitake, or chanterelles will give the sauce a deeper, earthier flavor. Dried porcini can be rehydrated and added to boost umami.
- **Tomatoes:** Crushed tomatoes give a rustic texture, but you could also use passata (tomato purée) for a smoother sauce, or whole San Marzano tomatoes hand-crushed for a traditional Italian feel.
- **Herbs:** Fresh thyme and oregano add depth, but rosemary or sage bring more autumn warmth. For brightness, finish with fresh basil or parsley.
- **Cheese Options:** Parmesan is classic, but Pecorino Romano adds a saltier, sharper edge. For extra indulgence, a spoonful of ricotta on top before serving makes it creamy without heavy cream.
- **Spice Level:** Mild sausage keeps it family-friendly, while spicy Italian sausage adds a kick. You can also toss in a pinch of red pepper flakes to heat things up.
- **Make It Meat-Free:** Skip the sausage and bulk up with more mushrooms or add lentils for protein.
- **Veggie Add-Ins:** Spinach, kale, or roasted red peppers fold in beautifully for extra nutrition and color.
- **Meal Prep Friendly:** This pasta reheats well the next day, and the flavors deepen as the sauce sits. Just reserve a splash of pasta water when reheating to keep it sauce

If you loved this recipe, you'll also enjoy my Meatball Sunday Sauce, , or Sausage & Lentil pasta

Italian Sausage and Mushroom Pasta



Italian Sausage and Mushroom Pasta is an easy Italian dinner featuring savory sausage, earthy mushrooms, garlic, and herbs tossed with perfectly cooked pasta in a rich, flavorful sauce. It's a hearty family meal that's ready in about 40 minutes.

- 12 oz pasta (rigatoni, penne, or orecchiette work best)
- 1 lb. Italian sausage (mild or spicy, casings removed)
- 8 oz mushrooms (cremini, button, or a mix), sliced
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1/2 cup dry white wine
- 1 cup pasta water
- 14 oz can crushed tomatoes
- 1/2 cup grated parmesan cheese
- 2 tsp. oregano
- Salt and black pepper, to taste
- Fresh parsley, for garnish + grated parmesan

1. **Cook the pasta.** Bring a large pot of salted water to a boil and cook pasta until al dente. Reserve 1 cup of pasta water, then drain.
2. **Brown the sausage.** In a large skillet, heat olive oil

over medium-high heat. Add sausage, breaking it up with a spoon, and cook until browned, 5–6 minutes. Remove and set aside.

3. **Sauté the aromatics.** In the same skillet, add onion and cook until softened, about 3 minutes. Stir in garlic and mushrooms; cook until mushrooms release their juices and begin to brown, 6–7 minutes.
4. **Deglaze.** Pour in the white wine, scraping up any browned bits from the pan. Simmer until reduced by half.
5. **Make the sauce.** Stir in crushed tomatoes, reserved sausage, thyme, salt, and pepper. Simmer for 10 minutes.
6. **Finish with pasta.** Add cooked pasta to the skillet, along with 1 cup reserved pasta water. Toss everything together until the sauce coats the pasta.
7. **Serve.** Stir in parmesan cheese, garnish with parsley, and serve hot.

Main Course

Italian

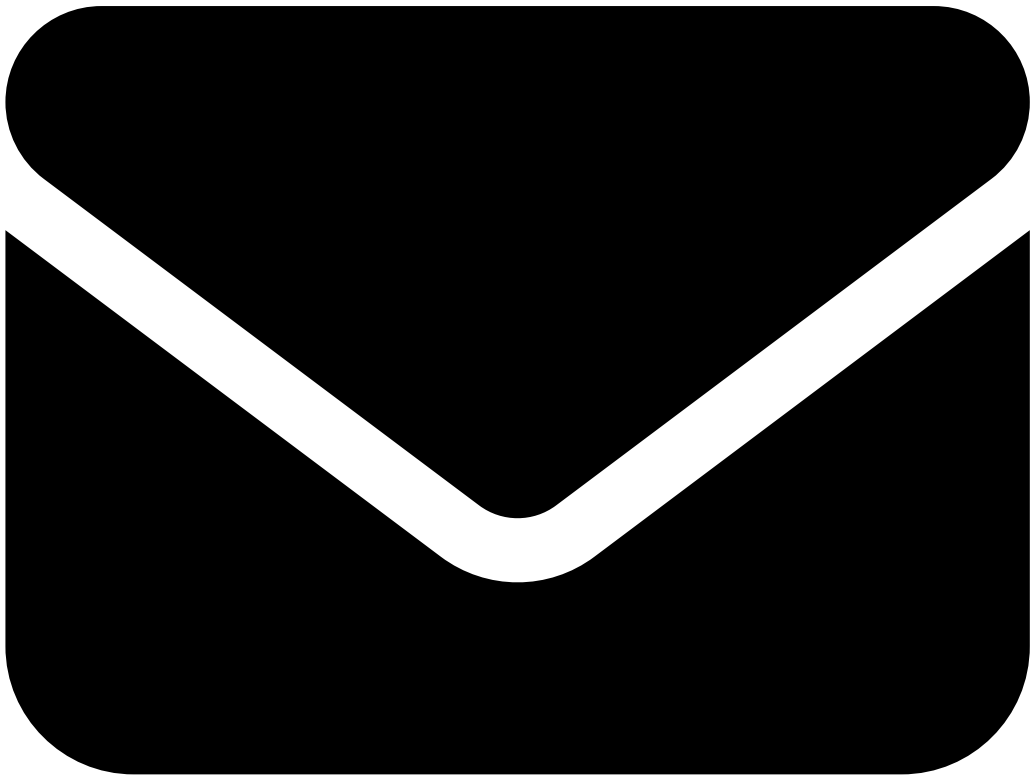
best Italian sausage mushroom pasta recipe

Italian Braised Short Ribs with Red Wine Sauce

Italian Braised Short Ribs with Red Wine Sauce

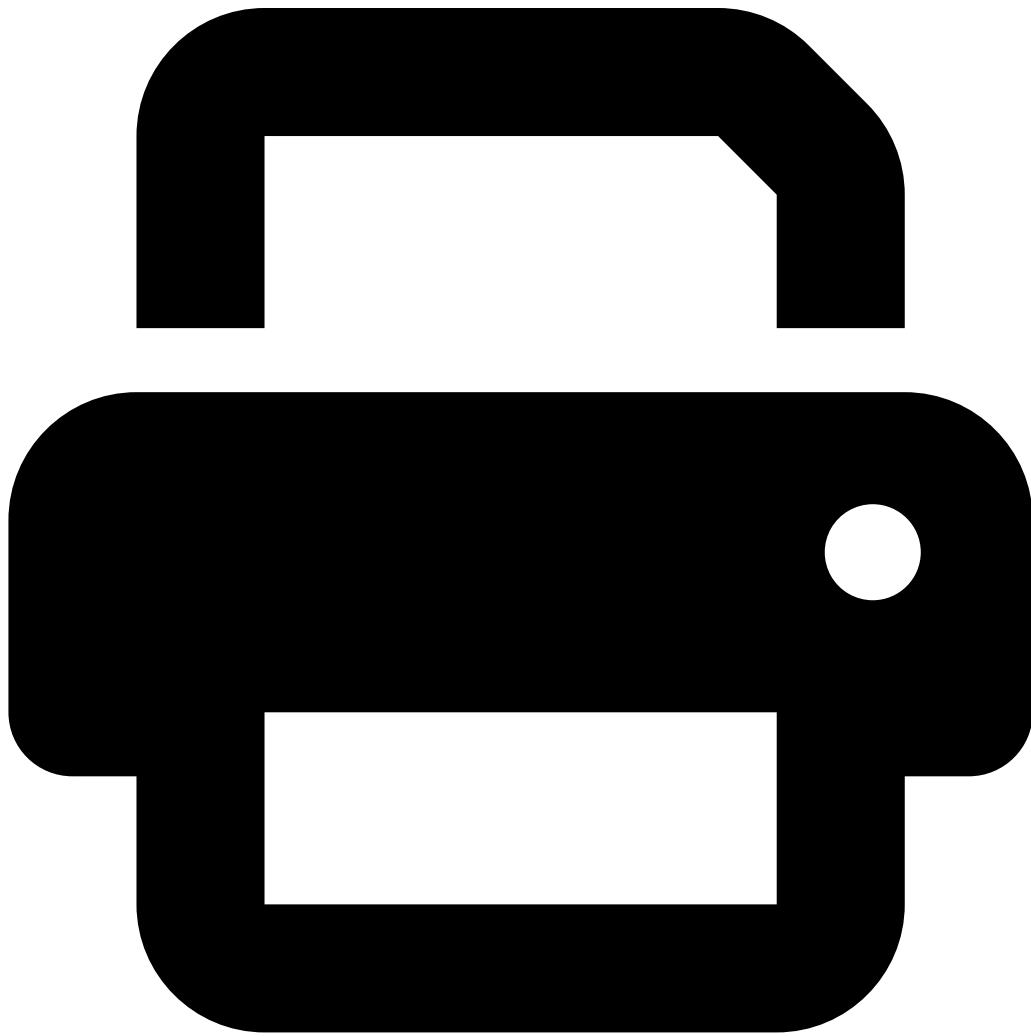
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When the cooler weather sets in, I always find myself reaching for those slow-cooked, comforting dishes that fill the kitchen with warmth and incredible aromas. In Italy, fall and winter are the seasons of braises—hearty cuts of meat simmered low and slow with wine, herbs, and vegetables until they become tender enough to fall off the bone. This style of cooking is especially popular in Northern Italy, where rich red wines like Barolo, Chianti, or Montepulciano are often used to deepen the flavor of the sauce.

These Italian Braised Short Ribs in Red Wine Sauce are a perfect example of that rustic tradition. The beef slowly soaks up all the earthy flavors of garlic, rosemary, thyme, and a bold red wine, creating a sauce that's every bit as comforting as it is elegant. It's the kind of meal that feels special enough for company but also works beautifully as a Sunday family dinner—especially served over creamy polenta, mashed potatoes, or wide ribbons of pappardelle to catch every

last drop of the sauce.

Things to know about this Italian Braised Short Ribs with Red Wine Sauce

- **Best wine to use:** Always cook with a wine you'd enjoy drinking. Italian reds like Barolo, Chianti, or Montepulciano give the sauce depth, but any good dry red will work.
- **Make-ahead friendly:** Braised short ribs taste even better the next day as the flavors deepen. You can cook them a day ahead, then gently reheat before serving.
- **Serving suggestions:** The Italian way is to pair braised meats with creamy polenta or wide pappardelle pasta, but mashed potatoes or crusty bread for dipping are just as delicious.
- **Leftovers:** Shred leftover short rib meat and use it as a rich ragu over pasta or tucked into a hearty panini.
- **Cooking tip:** Keep the heat low and slow—this style of Italian braise is all about patience, letting the wine and herbs transform the meat into something truly tender.
- Looking for more cozy Italian comfort food? Try my **creamy Italian sausage risotto** for another hearty fall dinner, or my Spicy Italian sausage gnocchi soup. And if you love cooking with wine, you won't want to miss my **bone-in pork chop piccata** for a quick weeknight favorite.

Italian Braised Short Ribs with Red Wine Sauce



These **Italian Braised Short Ribs with Red Wine Sauce** are slow-cooked until fall-apart tender in a rich sauce made with red wine, tomatoes, herbs, and aromatic vegetables. This classic Italian comfort food is perfect for Sunday dinner, holidays, or any special occasion.

- 3-4 lbs bone-in beef short ribs
- Salt & freshly ground black pepper
- 3 tbsp olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 2 cups dry Italian red wine (Barolo, Chianti, or Montepulciano)
- 2 cups beef stock
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 bay leaves

1. Season & sear the short ribs

Pat ribs dry and season generously with salt and pepper. In a large Dutch oven, heat olive oil over medium-high heat. Sear ribs on all sides until deep brown, about 3–4

minutes per side. Transfer to a plate.

2. Sauté the aromatics

In the same pot, add onion, carrots, and celery. Cook 5–6 minutes until softened. Add garlic and tomato paste, stirring for 1 minute until fragrant.

3. Deglaze with wine

Pour in the red wine, scraping up browned bits from the bottom. Simmer 5 minutes to reduce slightly.

4. Add stock & herbs

Stir in beef stock, rosemary, thyme, bay leaves, and porcini mushrooms (if using). Return short ribs (and any juices) to the pot. The liquid should come about halfway up the ribs—add more stock if needed.

5. Braise low & slow

Cover and cook at **325°F (160°C) in the oven for 2½–3 hours**, until the meat is fork-tender and falling off the bone.

6. Finish the sauce

Remove ribs to a platter and cover. Discard herb stems and bay leaves. Skim off excess fat from the sauce, then simmer uncovered for 5–10 minutes until slightly thickened. Adjust seasoning with salt and pepper.

7. Serve

Spoon sauce over the short ribs and serve with creamy polenta, mashed potatoes, or wide pappardelle pasta.

Main Course

Italian

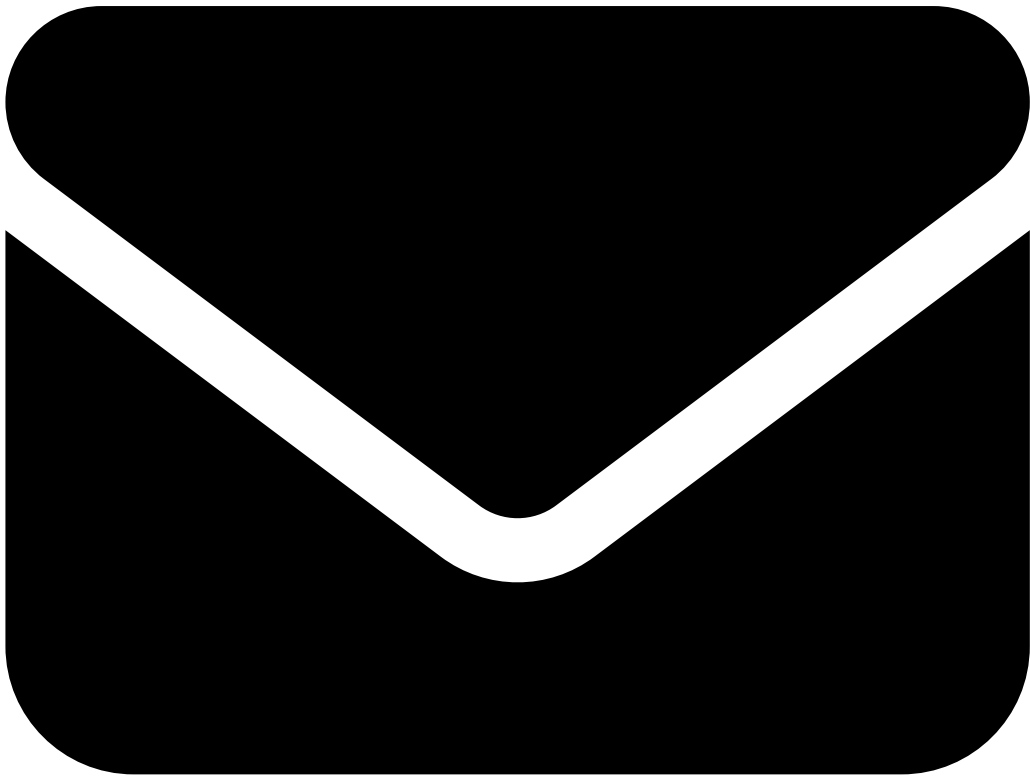
braised short ribs with red wine

Creamy Italian Bean and Parmesan Soup

Creamy Italian Bean and Parmesan Soup

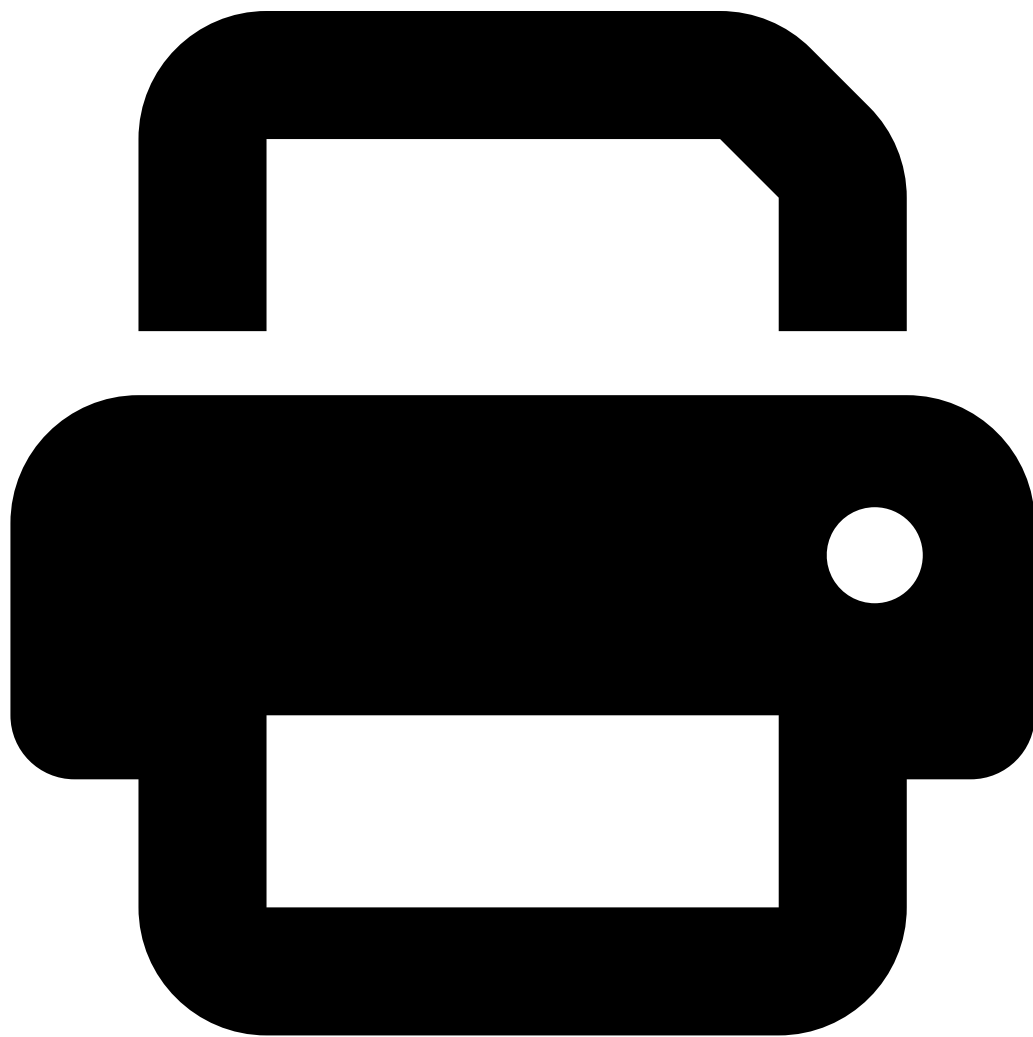
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There's nothing more comforting than a big pot of soup simmering away on the stove, especially when it's creamy, hearty, and packed with flavor. This **Creamy Italian Bean and Parmesan Soup with Spinach** is one of those recipes you'll want to keep on repeat. It's simple, nourishing, and comes together in under an hour – perfect for busy weeknights or cozy weekends at home.

The creamy base gets its richness from Parmesan and a touch of milk, while cannellini beans make it extra hearty. Fresh spinach stirred in at the end adds a pop of color and a boost of nutrition. Serve it with warm crusty bread, and you've got a comforting meal that feels rustic and homemade, just the way Italian food should.

Things to Know about this creamy Italian bean and parmesan soup

- **Beans:** Cannellini beans are classic in Italian soups, but you can swap them with Great Northern or navy beans if that's what you have on hand.
- **Parmesan rind:** Don't skip this if you have one! It adds incredible depth and savoriness. If you don't, just add a little extra grated Parmesan at the end.
- **Milk or cream:** Whole milk makes this soup creamy without being too heavy, but half-and-half or even a splash of cream will give it extra richness.
- **Spinach substitute:** Kale, Swiss chard, or even arugula work beautifully if you want to mix it up. Just adjust the cooking time so greens are tender but still vibrant.
- **Blending tip:** Only blending half the soup gives you the best of both worlds – creaminess and texture. If you like it super smooth, blend the whole pot.
- **Serving suggestions:** Crusty bread is a must, but you can also top the soup with garlic croutons, a drizzle of olive oil, or extra shaved Parmesan.
- **Storage:** This soup keeps well in the fridge for up to 3 days. Reheat gently on the stove, adding a splash of broth or milk if it thickens. Avoid freezing if you've used milk or cream, as the texture may change.

If you love cozy Italian soups like this one, you'll want to try my **Creamy Sausage Tortellini Soup** next. And for a classic favorite, don't miss my comforting **Pasta e Fagioli** – perfect for keeping warm on chilly days!

Creamy Italian Bean and Parmesan Soup



Creamy cannellini beans, Parmesan, and fresh spinach come together in this hearty Italian soup that's rich, comforting, and perfect with a slice of warm crusty bread.

- 3 tbsp olive oil
- 1 medium onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 14 oz can crushed tomatoes
- 2 cans (15 oz each) cannellini beans, drained and rinsed
- 4 cups chicken or vegetable broth
- 1 cup whole milk or half-and-half
- 1 Parmesan rind (optional, for depth of flavor)
- $\frac{1}{2}$ cup freshly grated Parmesan cheese, plus extra for serving
- 1 tsp dried oregano
- $\frac{1}{2}$ tsp dried thyme
- 1 bay leaf
- 3 cups fresh spinach, roughly chopped
- Salt and freshly ground black pepper, to taste
- 2 tbsp fresh parsley, chopped (for garnish)

1. Sauté the base

In a large pot, heat olive oil over medium heat. Add

onion, carrots, and celery. Cook until softened, about 6–7 minutes. Stir in garlic and cook 1 more minute. Add the crushed tomatoes cook 5 minutes longer

2. Add beans and broth

Stir in beans, oregano, thyme, bay leaf, and Parmesan rind (if using). Pour in the broth and bring to a simmer. Cook uncovered for 15–20 minutes

3. Blend for creaminess

Remove bay leaf and rind. Use an immersion blender to puree about half the soup, leaving some beans whole. (Or transfer a few cups to a blender and return to pot.)

4. Finish with Parmesan & milk

Stir in milk (or half-and-half) and Parmesan. Simmer gently for 5 minutes, stirring often, until creamy.

5. Add spinach

Stir in spinach and cook just until wilted, about 2 minutes. Season with salt and pepper.

6. Serve

Ladle into bowls, garnish with fresh parsley and extra Parmesan, and serve with warm bread.