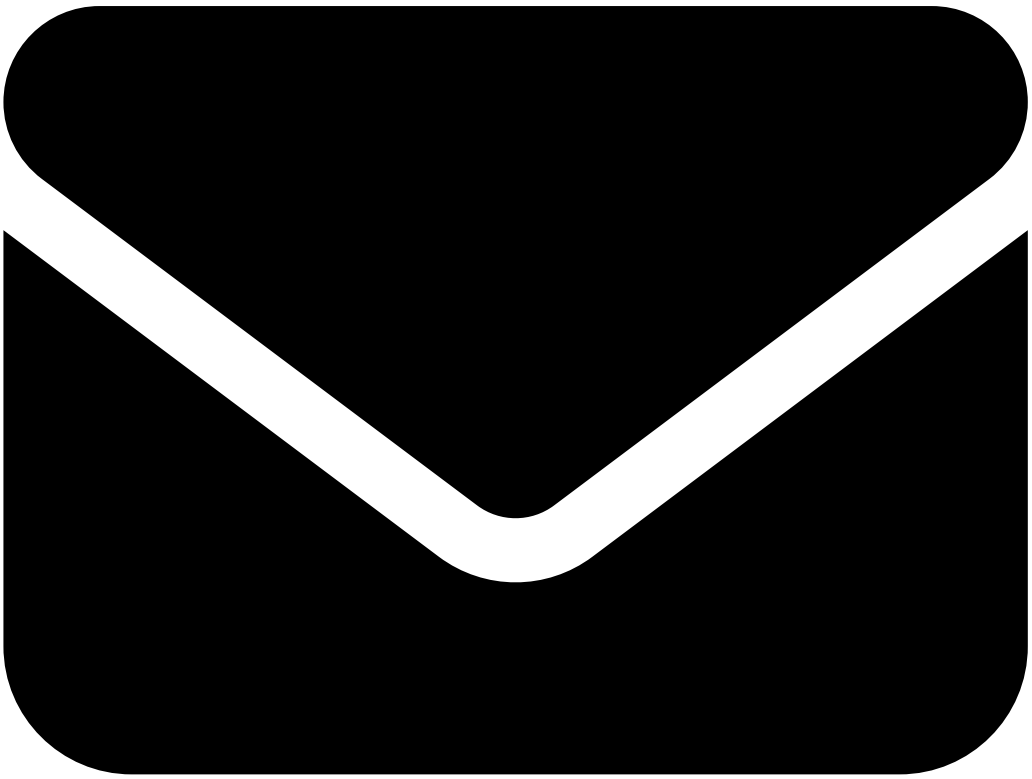
Italian Cauliflower pasta alfredo

Italian Cauliflower Pasta Alfredo

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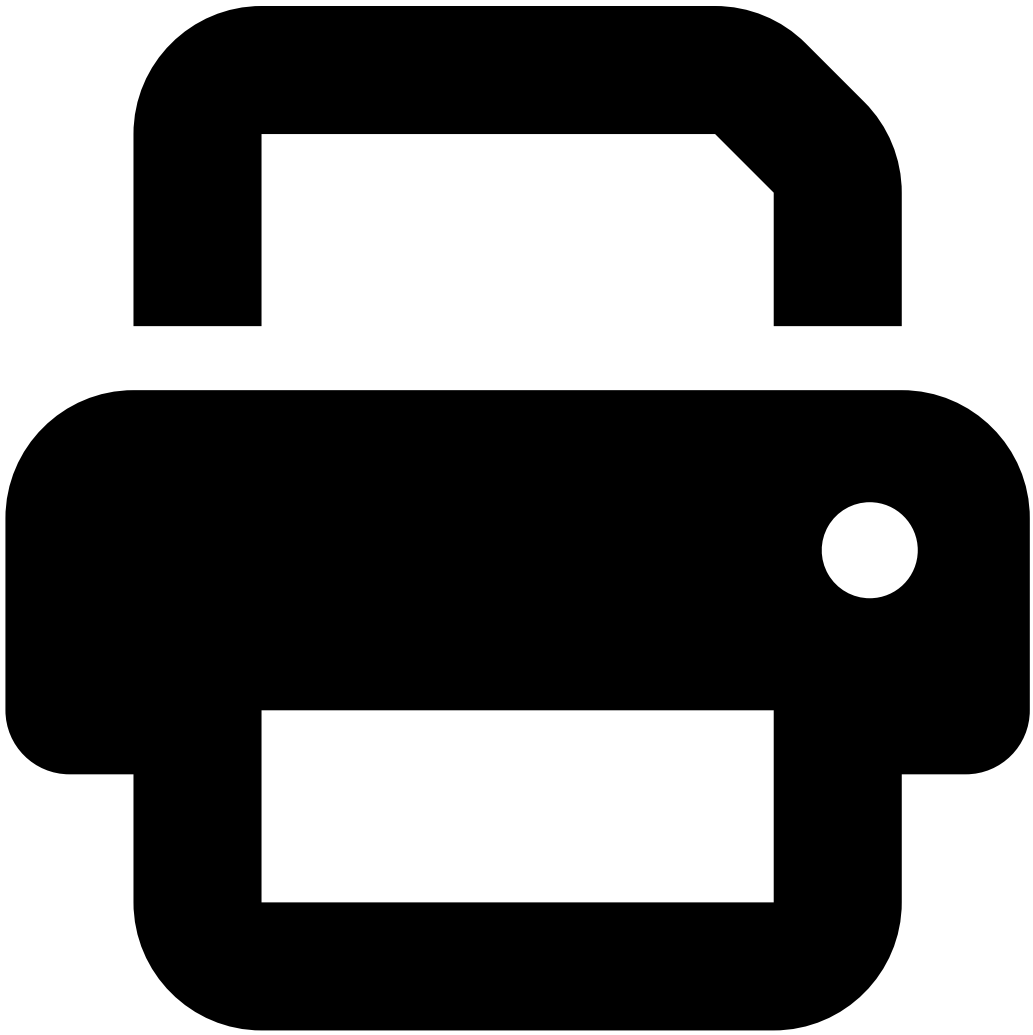









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This creamy Italian cauliflower pasta alfredo is a lighter twist on the classic alfredo sauce while still full of rich flavor. Instead of heavy cream , this dish uses pureed cauliflower and milk to create a luscious sauce that coats every strand of pasta. It’s the perfect way to sneak in some extra vegetables without sacrificing flavor. This recipe is proof you don’t need heavy cream for a comforting past dish. Plus, It’s so easy to make!!!

Why you’ll love this Italian cauliflower pasta alfredo

Traditional alfredo sauce relies on lots of butter and cheese, this version gets its creaminess from cauliflower.

This pasta dish has all the comforting flavors of a classic alfredo but with a healthier twist.

This cauliflower sauce can be used over vegetables, chicken or even as a dipping sauce for bread.

This Italian Cauliflower pasta alfredo dish comes together in about the same time it takes to cook the pasta, making it an easy and delicious option for a quick weeknight dinner.

Italian Cauliflower Pasta Alfredo



Italian Cauliflower Pasta Alfredo is a creamy, comforting pasta dish that combines tender cauliflower with a rich Parmesan Alfredo sauce. It's an easy Italian-inspired meal that delivers plenty of flavor while adding wholesome cauliflower to every bite.

- 1/2 Lb. fusilli.
- 4 cups cauliflower florets
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups milk
- 1 cup pasta water
- 1 cup parmesan cheese
- 1 Tbsp. chopped Italian parsley
- Salt and pepper to taste

1. Start by cleaning the cauliflower and cutting into

florets. Then boil the cauliflower in salted water until soft.

2. Remove the cauliflower and mash into a puree set aside while you make the sauce and cook the pasta according to package directions
3. In a saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent.
4. Add the milk and pasta water, return the mashed cauliflower back to the pan and cook an additional 5 minutes. Then add in the grated parmesan cheese.
5. Adjust your seasonings (salt and pepper) to fit your taste.
6. Plate, top with more cheese and chopped Italian parsley.

Reserve some of the pasta water before draining. Adding a little to the sauce helps create a smooth, creamy consistency and allows the sauce to cling beautifully to the pasta.

Main Course
Italian
Italian cauliflower pasta Alfredo,

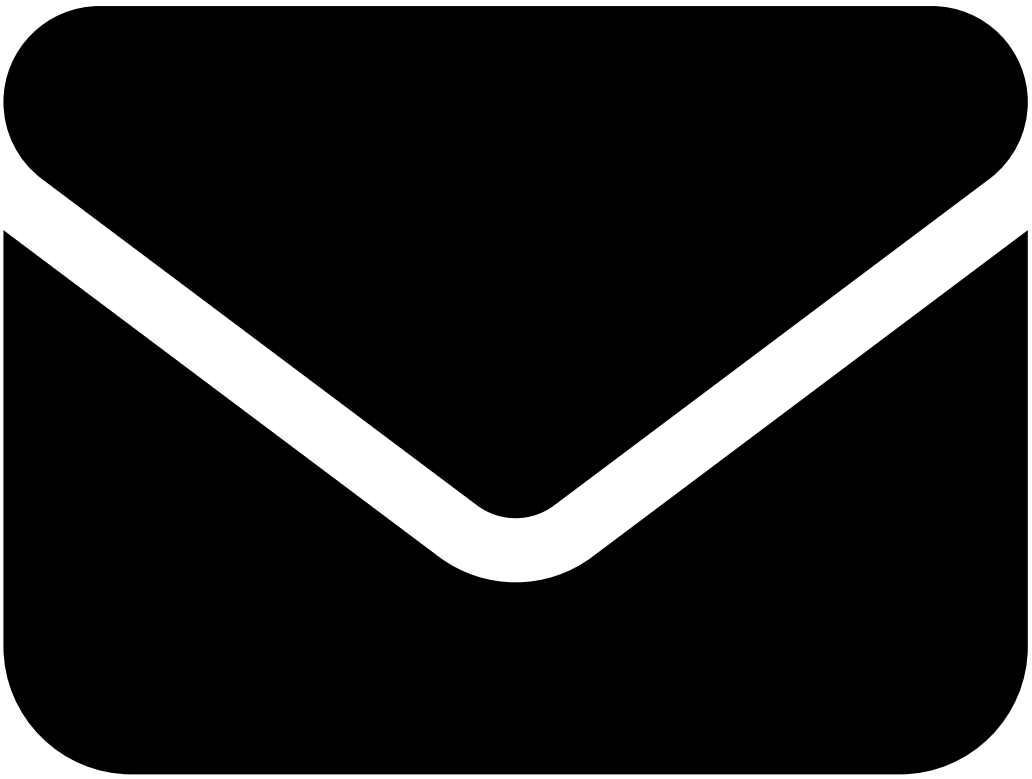
Semolina Gnocchi Romana recipe

Semolina Gnocchi Romana

Recipe

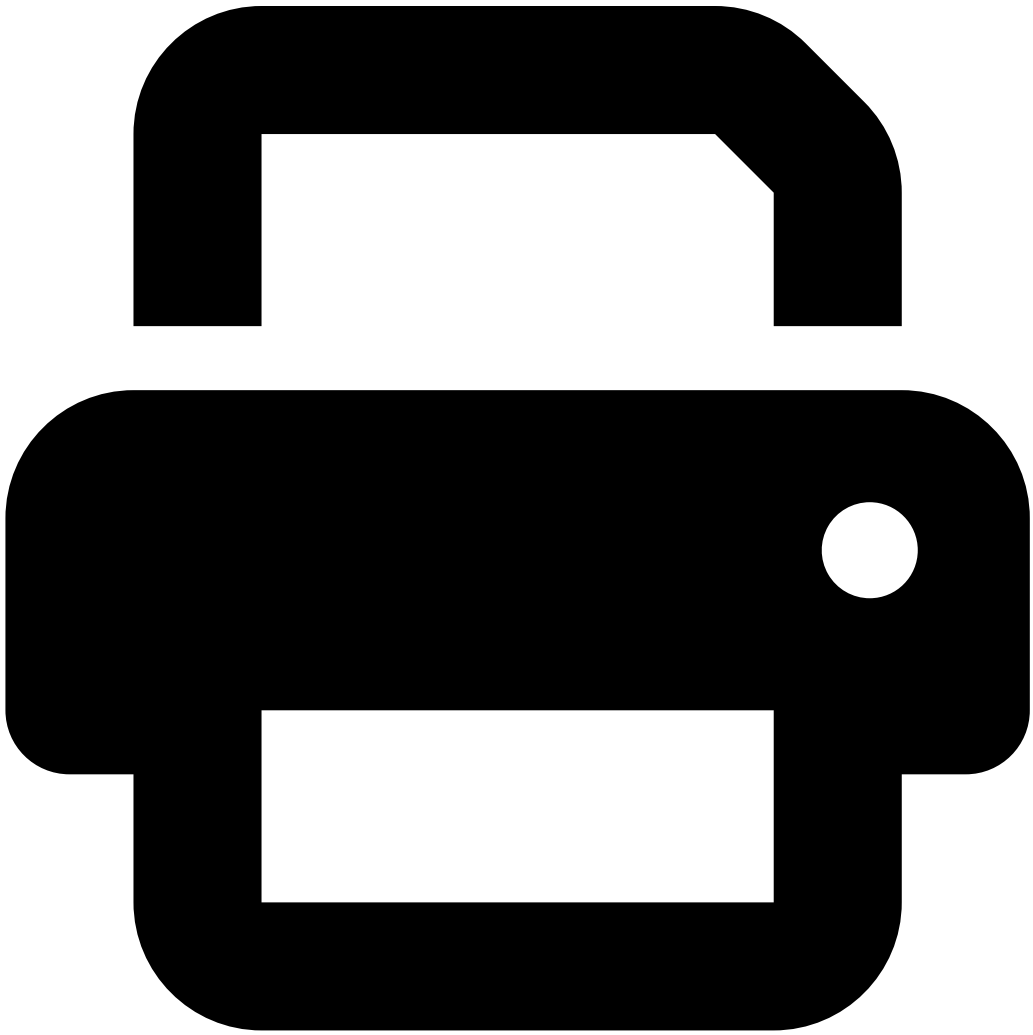
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This Semolina gnocchi Romana recipe is a traditional baked semolina gnocchi dish from Rome. Unlike traditional potato – based gnocchi these gnocchi are made with semolina flour, milk, butter, eggs and pecorino cheese. The dough is cooked like a thick porridge, spread out, then cut into rounds or squares before being layered in a baking dish. They are then topped with melted butter and pecorino Romano cheese, and baked until golden brown and crispy on top.

The result is a rich , creamy , slightly crispy gnocchi dish with a delicate nutty flavor from the browned butter and pecorino. Semolina gnocchi Romana is often served as a first course and pairs well with a simple salad or roasted meats. It’s a comforting rustic dish that showcases the simplicity and elegance of Italian cuisine.

Sauce Variations for this Semolina

gnocchi Romana recipe

1. Truffle cream sauce: Saute minced garlic in butter, then add heavy cream, some pecorino Romano, and a drizzle of truffle oil. Simmer until thickened, then pour over the gnocchi before baking for a luxurious twist.
2. Tomato basil sauce: Make a simple sauce by sauteing garlic in olive oil, then adding crushed San Marino tomatoes, salt and fresh basil. simmer until thick . then spoon over the baked gnocchi for a slightly tangy taste.
3. Gorgonzola Walnut Sauce: Melt gorgonzola in a pan with a splash of milk or cream, then stir in chopped toasted walnuts. Drizzle over the gnocchi before baking for a bold, creamy and nutty flavor.

Each of these variations adds a unique flavor to this classic semolina gnocchi Romana recipe while still staying true to its rich and comforting beginnings,

Semolina Gnocchi Romana Recipe



Semolina Gnocchi alla Romana is a classic Roman dish made with creamy semolina, Parmesan cheese, and butter, shaped into rounds and baked until golden and crisp around the edges. Rich, comforting, and simple, it's a delicious Italian side dish or first course.

- cups milk
- 1 cup semolina flour
- pinch of nutmeg
- 1 egg
- 1 cup grated pecorino Romano
- salt and pepper to taste

SAUCE INGRIDENTS

- 1/2 stick melted butter
- 1/2 cup grated pecorino Romano

1. Brush a 10 x 12 baking sheet with olive oil

2. In a sauce pan over medium high heat bring milk ,salt and nutmeg to a low boil.
3. Very slowly in a steady stream add the semolina flour stirring continuedly with a wisk to avoid lumps
4. Continue cooking uncovered for 10 -15 minutes stirring frequently. The mixture will be very thick and pull away from the sides of the pan when it is ready to be removed from the fire.
5. In a small bowl wisk the egg with the 1 cup of pecorino cheese. Add this to the semolina mixture mixing until well combined.
6. Spread the gnocchi mixture unto the prepared baking sheet. Use damp fingers to press the mixture smooth to a 1/4 inch thickness. Refrigerate for at least 60 minutes
7. Spread a shallow oven proof casserole dish with butter.
8. once the semolina is firm cut out circles using a 2 inch cookie cutter or glass of the similar size.
9. Arrange the gnocchi circles overlapping each other in the prepared casserole dish.
10. Melt the remaining 1/2 stick of butter in the microwave. Pour the melted butter over the gnocchi, top with the remaining pecorino Romano, and bake in a preheated 375-degree oven for 25-30 or until the top is golden .

Sprinkle with additional cheese and chopped Italian parsley.

Spread the cooked semolina mixture evenly on a lightly buttered surface and let it cool completely before cutting. This makes it much easier to form neat, uniform rounds.

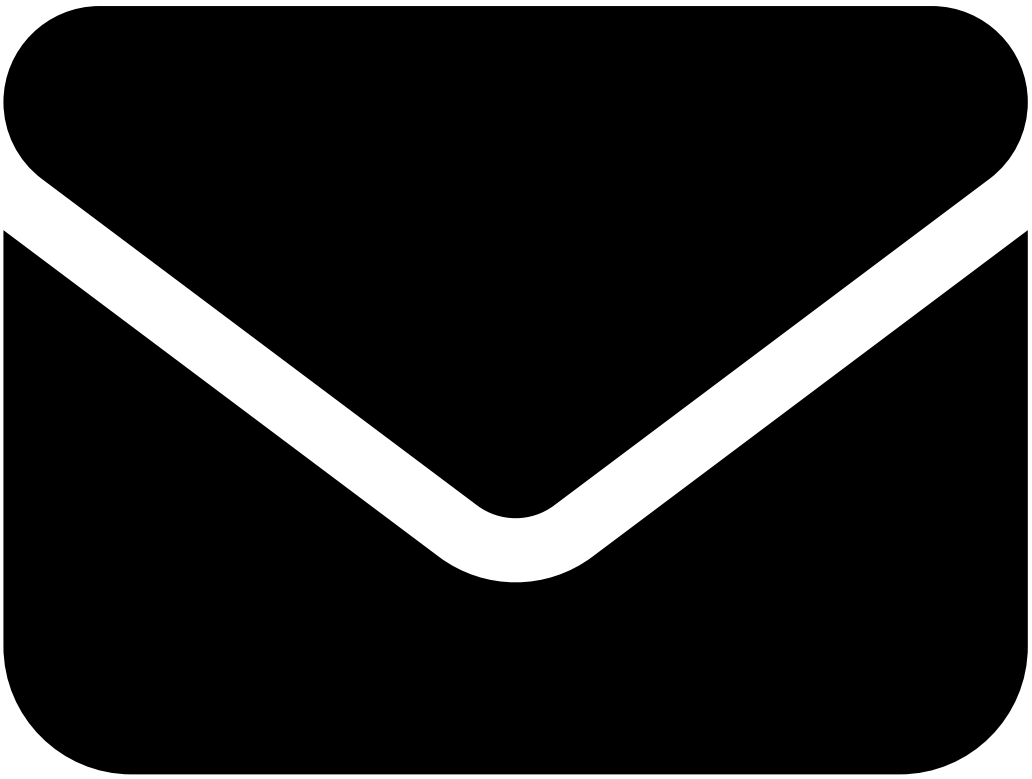
Main Course
Italian
semolina gnocchi alla Romana,

Mushroom pasta alla Norcina

Mushroom Pasta Alla Norcina

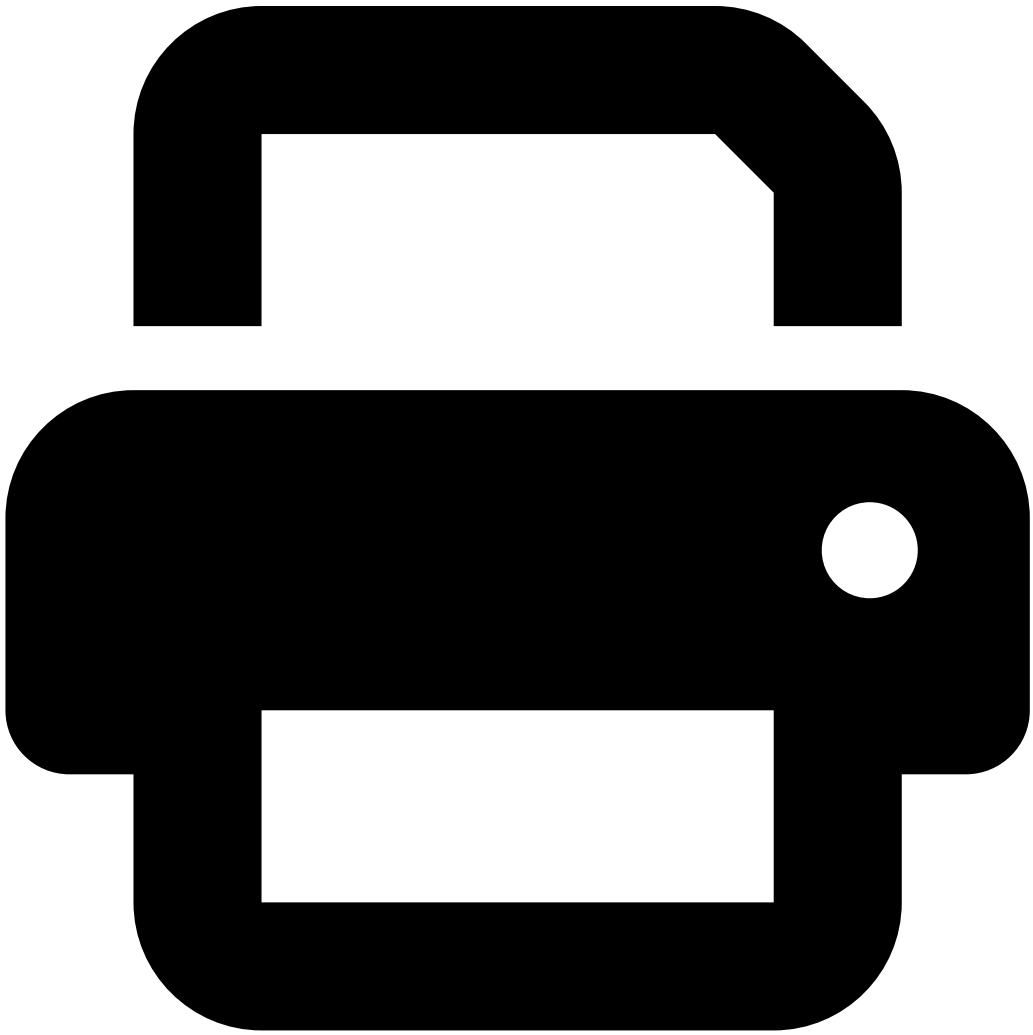
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Mushroom Pasta alla Norcina is a rustic Italian pasta dish from **Umbria**, known for its rich, hearty combination of Italian sausage, mushrooms, and a creamy sauce. There are several variations of Pasta alla Norcina; some include mushrooms, cured meats, or both. This version combines savory sausage and earthy mushrooms for a deeply flavorful yet surprisingly simple meal.

What makes this pasta so appealing is how quickly it comes together. The sauce takes about the same amount of time to prepare as the pasta takes to cook, making it an ideal choice for a satisfying weeknight dinner.

The sauce begins with gently sautéed onions and garlic, followed by mushrooms and Italian sausage, either mild or spicy. Traditional sausage used in Norcina typically contains rosemary. Since the Italian sausage I find here doesn’t usually include rosemary, I add a few fresh rosemary sprigs to

the sauce to bring that characteristic flavor to the dish.

As the sauce simmers and becomes rich and creamy, the pasta cooks alongside it. Once the pasta is al dente, it is tossed directly into the sauce, allowing it to absorb all those wonderful savory flavors. A final adjustment of seasoning and a generous sprinkle of Parmesan bring everything together.

Hearty, rustic, and full of Italian flavor, this Mushroom Pasta alla Norcina is the perfect meal when you're craving something comforting and delicious without spending hours in the kitchen.

key points for this mushroom pasta alla norcina recipe

Here are a few key points to know about this mushroom pasta alla norcina recipe.

Pasta: Often make with short pasta like rigatoni or penne, but you can use any shape pasta that you prefer.

Sausage: Italian sausage typically seasoned with rosemary and fennel is crumbled and browned to add robust flavors. If you can't find the Norcina sausage add a few sprigs of rosemary to the sauce, removed before adding the pasta.

Mushrooms: Fresh porcini mushrooms are traditional, but cremini or button mushrooms are commonly used when porcinis are unavailable.

Cream sauce: Heavy cream is combined with wine wine and stock creating a velvety sauce the coats the pasta .

Cheese: Grated pecorino Romano or parmesan cheese enhances the richness and adds a nutty, salty finish to the dish.

I hope you give this mushroom pasta alla norcina a try. Its creamy , hearty combination of sausage and mushrooms makes a

perfect meal for any occasion.

Mushroom Pasta Alla Norcina



Mushroom Pasta alla Norcina is a hearty Umbrian pasta dish made with Italian sausage, earthy mushrooms, rosemary, and a rich, creamy sauce. This rustic Italian recipe comes together quickly, making it perfect for a comforting weeknight dinner when you want something satisfying without spending hours in the kitchen.

- 1/2 lb. fusil pasta
- 1/2 lb. spicy Italian sausage crumbles
- 2 cups sliced mushrooms
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan
- salt and pepper to taste

1. Start by cooking your pasta el dente. While the pasta is cooking make the sauce
2. In a large saute pan over medium high heat in the 2 Tablespoon of olive oil cook the onion and garlic until

soft and translucent. Add the mushrooms and cook until the mushrooms begin to brown . Then add the sausage crumbles cook until brown.

3. Deglaze the pan with the wine waiting until it evaporates before adding the chicken stock, pasta water and cream. Simmer until the sauce thickens. Then add in the grated parmesan
4. Toss the pasta in this creamy sausage sauce, top with more grated parmesan and chopped Italian parsley.

Reserve some of the pasta water before draining. Tossing the hot pasta with the sauce and a splash of pasta water helps loosen the cream sauce and allows it to cling beautifully to every strand of pasta.

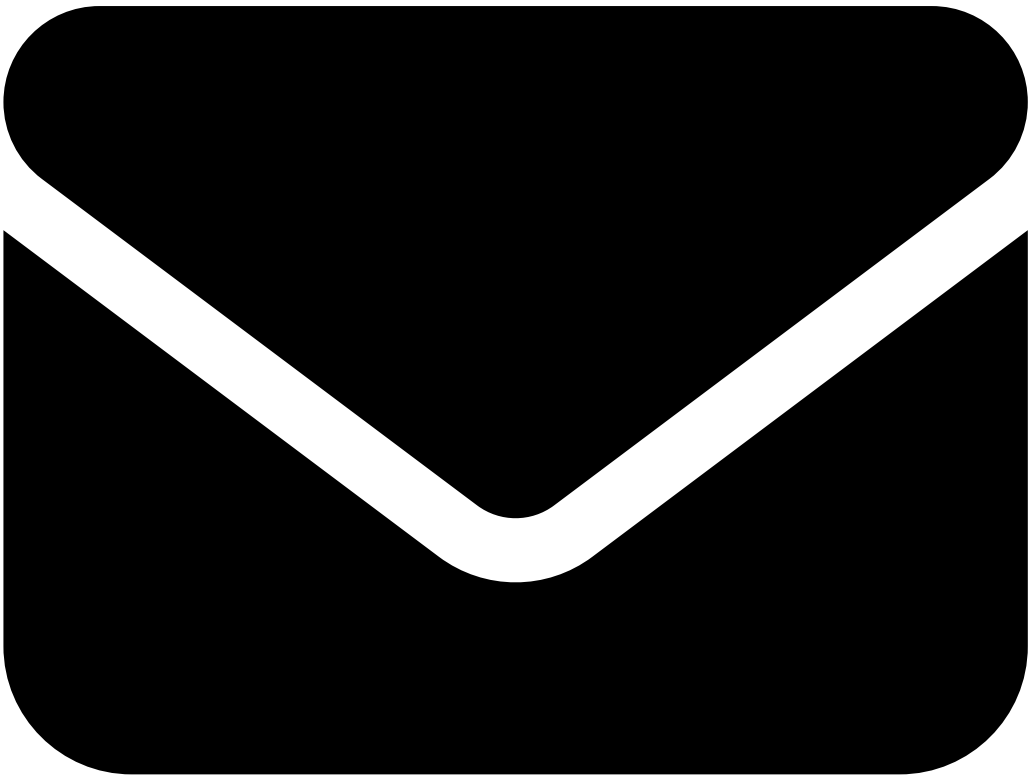
Main Course, pasta
Italian
best Italian sausage mushroom pasta recipe

Creamy vegetarian broccoli pasta shells

Creamy Vegetarian Broccoli Pasta Shells

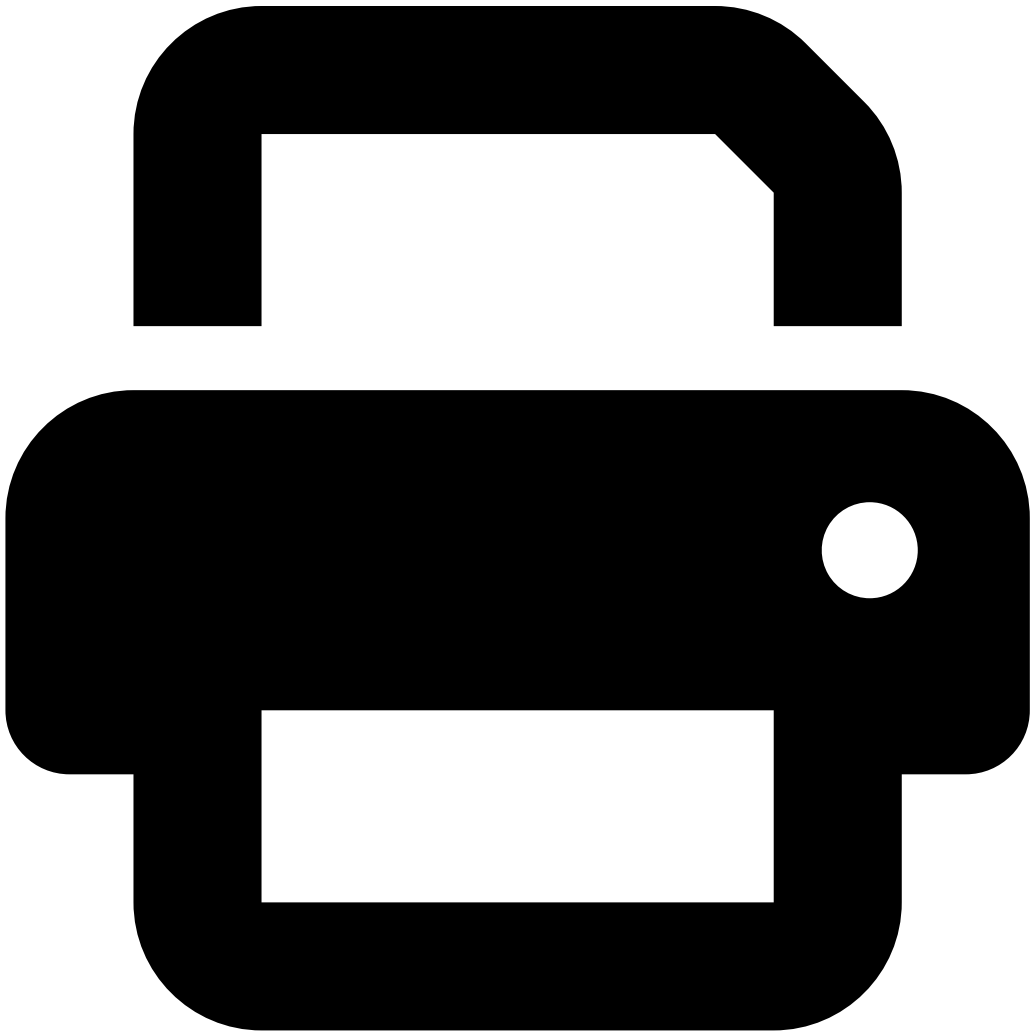
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This creamy broccoli pasta shells recipe is not only healthy but also quick and easy to make. The mix of soft broccoli , tasty pasta and gooey cheese is a hit with everyone. Pasta and broccoli are a great combination for your health. Pasta gives you energy and broccoli is full of vitamins and fiber. Together, they make a meal that’s good for you and taste delicious. It’s a perfect blend of comforting flavors and wholesome ingredients, ideal for a satisfying weeknight dinner.

What’s great about this recipe is how versatile it is. You can switch out the pasta shape , adjust the cheesiness, or even add a protein like grilled chicken breast or shrimp for a heartier meal. This creamy broccoli pasta shell will undoubtedly become a family favorite for it’s simplicity and delicious taste.

If you love easy pasta dinners like this, be sure to check out my other pasta and broccoli pasta recipes for more delicious inspiration. 30 minute broccolini and sausage pasta or

my creamy Italian sausage and broccoli pasta.

Why You'll love this creamy vegetarian broccoli pasta shells recipe

Quick and easy: This recipe is perfect for busy weeknight family meals, taking just 30 minutes from start to finish. With simple ingredients and straightforward steps.

Healthy and delicious: Packed with nutrient – rich broccoli, this dish provides a good source of fiber and vitamins, making a wholesome meal for the whole family.

Customizable: Whether you're looking to add protein, swap the milk for cream for a creamer option , or experiment with different pasta shapes, this recipe is incredibly versatile to suit your lifestyle and tastes.

Creamy Vegetarian Broccoli Pasta Shells



Creamy Vegetarian Broccoli Pasta Shells is a simple, comforting Italian-inspired pasta made with tender broccoli and pasta shells tossed in a creamy Parmesan sauce. The shells catch the sauce beautifully, while the broccoli adds color, texture, and plenty of flavor. It's an easy meatless dinner

that comes together quickly and is perfect for a weeknight meal.

- 4 cups washed and trimmed broccoli
- 1/2 lb. medium size shells
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small shallot minced
- 2 Tbsp. flour
- 3 cups milk
- 1 cup chicken or vegetable stock
- 2 cups freshly grated sharp cheddar cheese
- 1 cup four cheese blend
- pinch of nutmeg

1. Start by cooking the broccoli in a large stock pot in salted water until soft, remove use a potato masher to mash the broccoli and set aside

2. In the save water as you cooked the broccoli cook the pasta shells el dente
3. While the pasta is cooking make the sauce. In a saute pan in the olive oil cook the shallots until soft and translucent. Add the butter once the butter is melted add the flour and cook for 1- 2 minutes.
4. Then slowly pour in the milk and stock. Bring to a boil lower the heat and add the cheeses and nutmeg.
5. Simmer the sauce until the cheese melts and the sauce thickens.
6. Add in the broccoli and the el dente cooked pasta shells. Cook just for a few minutes just to combine the flavors and ingredients.
7. ladle into pasta bowls top with additional grated parmesan cheese and freshly chopped Italian parsley.

Save some of the pasta water before draining. Adding a little to the sauce helps loosen the cream and Parmesan while

creating a silky sauce that coats every shell. Add it gradually until the pasta reaches the consistency you like.

Chef’s tip: Don’t overcook the broccoli. You want it tender enough to blend into the creamy sauce but still have a little texture.

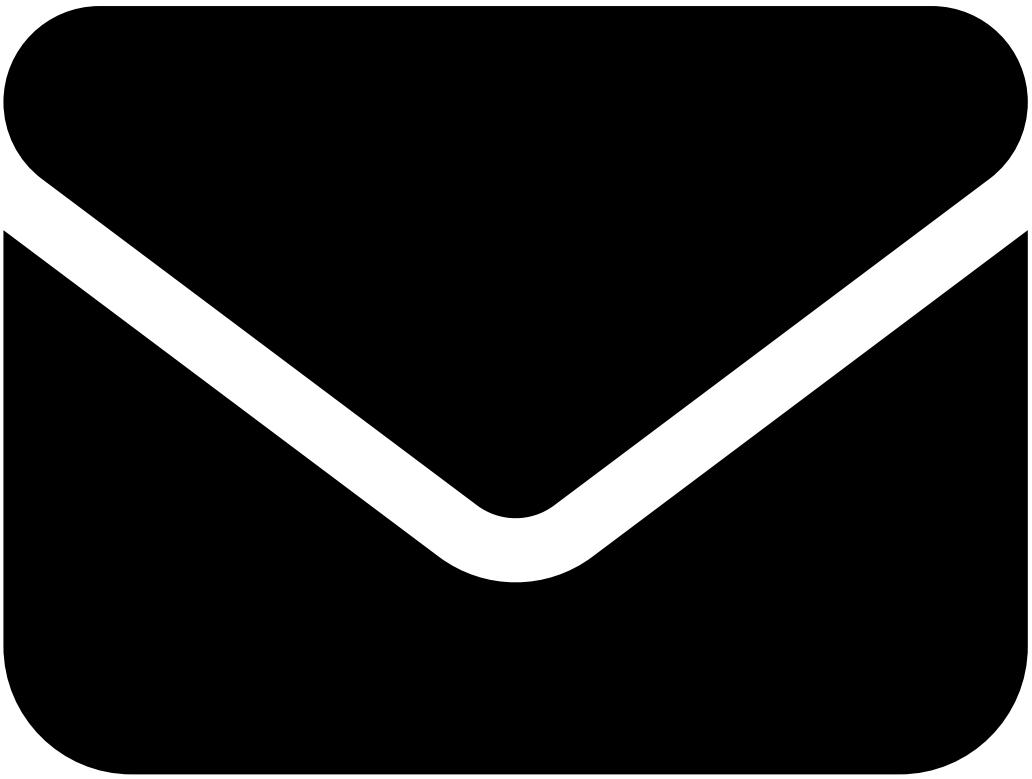
Main Course, pasta
Italian
creamy vegetarian broccoli pasta shells

Italian sausage and lentil pasta

Italian Sausage and Lentil Pasta

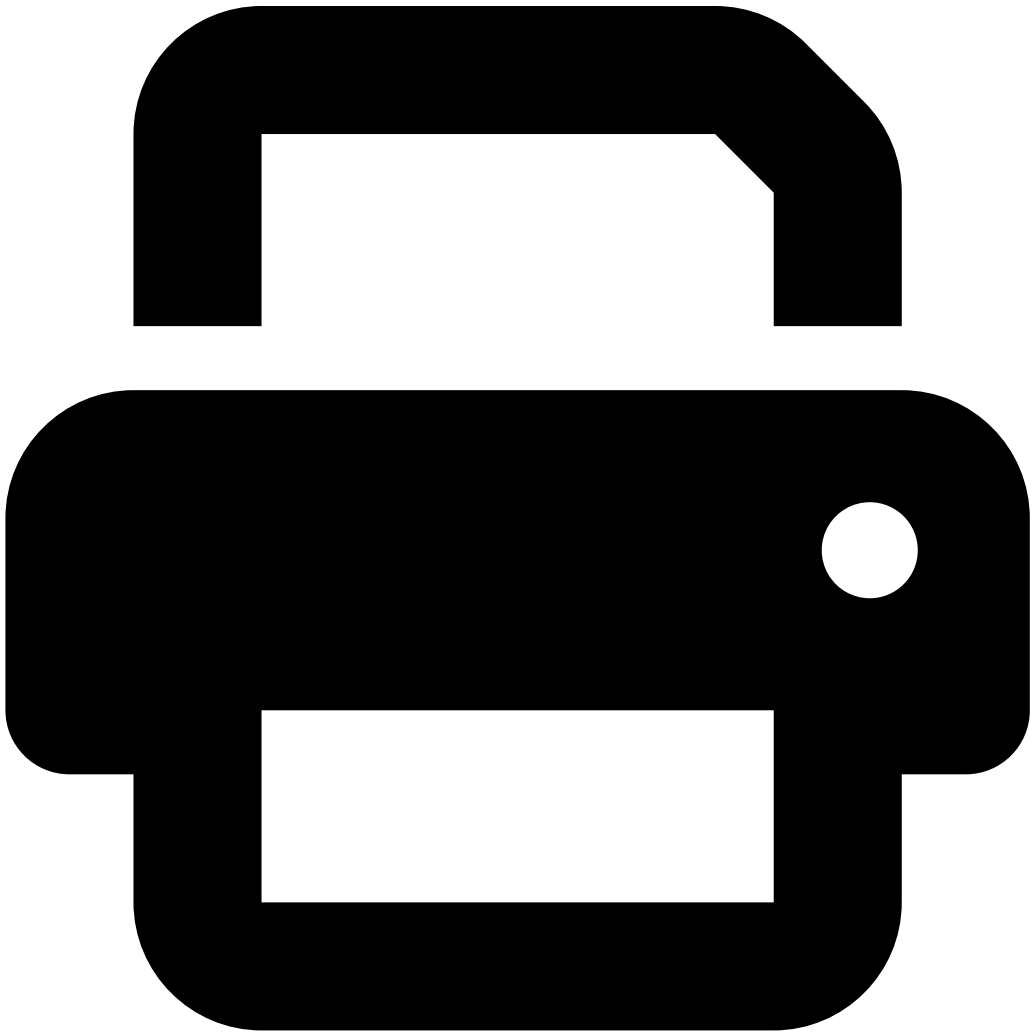
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As the clock ticks down to midnight on New Year’s Eve, Italians across the country prepare for a meal steeped in tradition and symbolism: Italian sausage and lentil pasta. This hearty and flavorful dish combines savory sausage with tender lentils, ingredients chosen for more than just their taste. Lentils, with their small , coin-like shape are believed to bring prosperity and good fortune in the coming year. The sausage, rich and satisfying, symbolizes abundance, a wish for a year filled with plenty.

This beloved meal is often enjoyed as part of a festive New Year’s feast, paired with sparkling wine and the warmth of holiday gatherings. The lentils, typically cooked with aromatic herbs and a touch of tomato, melts deliciously with the pasta and the flavorful juices of the Italian sausage. It’s not just a dish, it’s a hopeful gesture, a culinary tradition meant to set the tone for a prosperous and joyous year ahead. Whether you’re Italian or simply inspired by this custom, making Italian sausage and lentil pasta is a delicious

way to ring in the new year with a little bit of tradition and a whole lot of flavor.

Variations for this Italian sausage lentil pasta

1. I am using spicy Italian sausage in this recipe. If you don’t like spicy you can use mild sausage. But if you want extra spice add a tablespoon of hot chili flakes along with the spicy Italian sausage, for an extra kick.
2. Add extra nutritional value by adding extra vegetables. Like zucchini and spinach. You can also up the measurements of the onions, carrots and celery.
3. If you want to go the vegetarian route with this recipe you can leave out the sausage and use vegetable stock . This Italian sausage lentil pasta is the prefect dish to ring in the New Year with tradition and flavor. The hearty combination of tender lentils, savory sausage, and perfectly cooked pasta creates a comforting meal steeped in Italian heritage. Whether you’re celebrating with loved ones or enjoying a night in, this dish brings good fortune, deliciousness, and warmth to the table. Here’s to a prosperous and flavorful New Year!!!!
4. ## Storage

   Refrigerator: Store cooled pasta in an airtight container for **up to 4 days**. Reheat gently on the stovetop or in the microwave, adding a splash of broth or water to loosen the sauce.

   Freezer: Freeze in an airtight, freezer-safe container for **up to 3 months**. Thaw overnight in the refrigerator and reheat gently.

More Italian Pasta Recipes

If you love hearty Italian pasta dishes, try my **Pasta**

alla Gricia, **Spicy Rigatoni Amatriciana**, **Lasagna Bolognese**, and **Pasta al Forno**. For even more delicious ideas, explore my **Pasta Recipes**.

Italian Sausage and Lentil Pasta



A hearty Italian-inspired pasta made with savory Italian sausage, tender lentils, tomatoes, and pasta in a rich, flavorful sauce. This rustic one-pot-style meal is comforting, satisfying, and perfect for a cozy family dinner.

- 1/2 lb. spicy Italian sausage crumbles
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery +carrots
- 1 Tbsp. minced garlic
- 3 cups rinsed lentils
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 2 cups water
- 1 cup small shaped pasta
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

1. Start by adding the olive oil to a stock pot or dutch oven over medium high heat. Then add the Italian sausage and cook until brown, breaking it up as you go.

2. Once the sausage is browned add the onions, celery, and carrots. Cook until the vegetables are soft and translucent.
3. Then add in the tomato paste, chicken stock, and water bring to a boil. Lower the heat add the lentils and simmer covered for 30 minutes or until the lentils are tender. Then add in the the pasta and simmer 7-10 minutes longer.
4. Add the Italian parsley. Ladle into pasta bowls . Top with additional freshly grated parmesan and Italian parsley.

Brown the sausage well before adding the lentils and tomatoes. Those browned bits left in the bottom of the pan add incredible flavor to the sauce. If using dried lentils, cook them until tender but not mushy so they maintain their texture in the finished pasta.

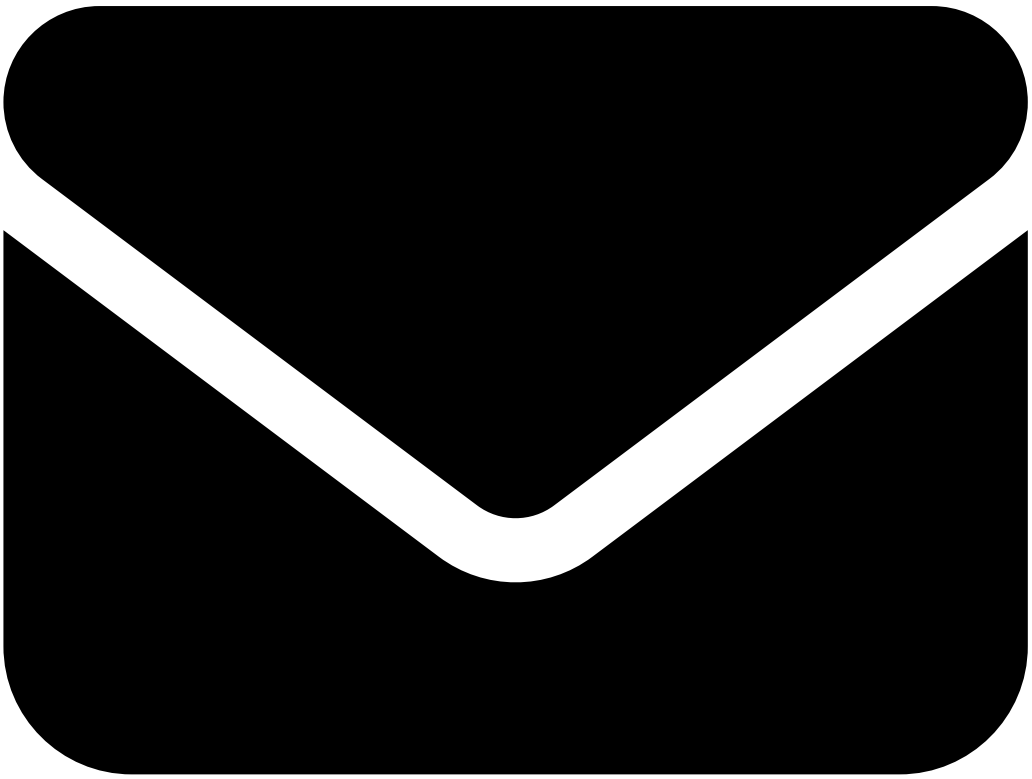
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Soup
Italian
Italian sausage and lentil pasta,

Sausage stuffed shells with bechamel

Sausage Stuffed Shells with Bechamel

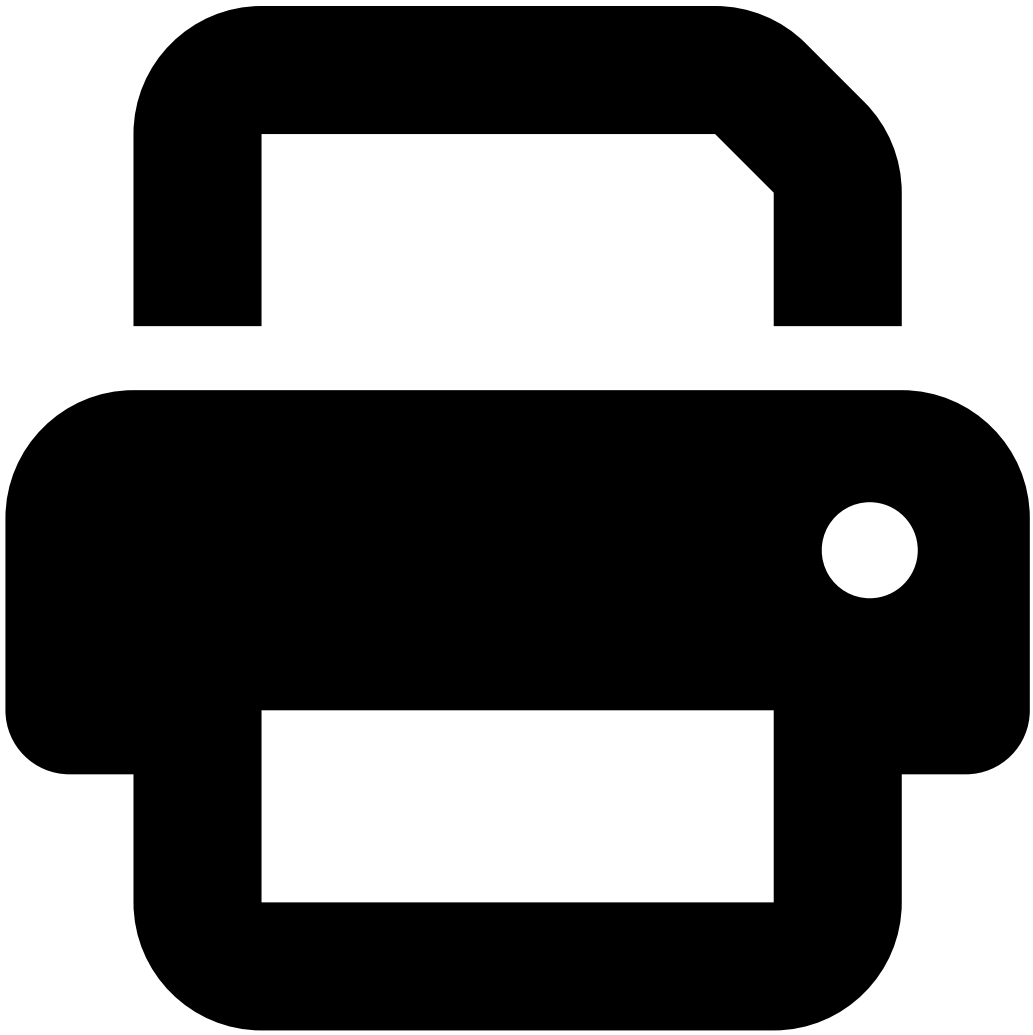
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There is something undeniably cozy about baked pasta dishes. Sausage stuffed shells with bechamel sauce is a recipe that combines bold flavors with creamy decadence, creating a meal perfect for family gatherings, special occasions or even a quit night in.

This dish takes the traditional idea of stuffed shells and gives it a luxurious twist. Instead of marinara , a velvety bechamel sauce coats the shells, enhancing the savory sausage filling with a creamy richness. Every bite is a delicious blend of tender pasta, flavorful filling, and a smooth sauce baked to perfection.

Tips for success when making sausage stuffed shells with

bechamel

1. Prep ahead: cook the pasta , make the filling , and prepare the bechamel sauce up to a day in advance. Store them separately in the fridge until you are ready to assemble.

2. Use crumbled Italian sausage for faster browning . You can customize your sausage preference by using mild or a combination of mild and spicy.

3. Pipe the filling: Transfer the sausage filling mixture to a piping bag or a zip -top with the corner snipped for a quick and mess -free stuffing.

Sausage stuffed shells with bechamel sauce is a comforting , crowd- pleasing dish that transforms simple ingredients into a luxurious Italian-inspired meal. Whether you are preparing it for a weeknight family dinner or a special occasion , this recipe is sure to impress with it’s creamy sauce, savory filling, and bubbly golden topping. With a little prep and these streamlined tips, you will have a stunning baked pasta dish that’s as easy to make as it is delicious!!!

Storage

Refrigerator: Cover and refrigerate leftovers for **up to 4 days**. Reheat in a 350°F oven until hot and bubbly, or microwave individual portions.

Freezer: Assemble the stuffed shells in a freezer-safe baking dish, cover tightly, and freeze for **up to 3 months**. Thaw overnight in the refrigerator before baking. You can also freeze individual portions after baking.

More Italian Pasta Recipes

If you love comforting baked pasta, try my **Lasagna Bolognese**, **Pasta al Forno**, **Zucchini Lasagna with Bolognese**, and **Spicy**

Rigatoni Amatriciana. For more delicious Italian-inspired pasta dishes, browse my **Pasta Recipes**.

Sausage Stuffed Shells with Bechamel



Jumbo pasta shells stuffed with savory Italian sausage and a creamy cheese filling, then baked with tomato sauce and a silky béchamel until bubbling, golden, and delicious. This comforting Italian-inspired pasta bake is perfect for Sunday dinner, holidays, or feeding a hungry family.

- 32 large shells
- 1/2 lb. spicy Italian sausage
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups ricotta cheese
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- 1 egg slightly beaten
- 1/2 cup chopped Italian parsley
- 2 cups marinara sauce
- Bechamel sauce Ingredients: 1 stick of butter+ 1/4 cup flour+ 4 cups milk+ pinch of nutmeg

1. Cook the shells el dente (about 3 minutes less than the package directions) drain and rinse under cold water. Set aside.

2. In a skillet over medium high heat in the olive oil saute the onion and garlic until soft and translucent then add the sausage and cook until browned and fully cooked, breaking it into small pieces. Remove and let cool slightly.
3. In a bowl combine the ricotta, mozzarella, parmesan cheese, egg , parsley and the sausage mixture. Salt and pepper to taste
4. Make the bechamel sauce In a sauce pan melt the butter over medium heat. Whisk in the flour and cook for 2 minutes until golden forming a roux. Gradually whisk in the milk stirring continually to prevent lumps until the sauce thickens 5-8 minutes. Add the nutmeg , salt and pepper to taste. remove from the heat.
5. Preheat your oven to 375-degrees
6. Spread a thin layer of bechamel sauce and the marinara sauce on the bottom of an oven proof baking dish.

7. Fill each pasta shell with 1-2 Tablespoons of the sausage mixture and arrange them in the dish .
8. Pour the remaining bechamel sauce evenly over the shells.
9. Top the shells with additional mozzarella and parmesan cheese. Cover the dish with foil and bake for 20 minutes. Then remove the foil and bake 10 minutes longer or until the cheese is bubbly and golden. Top with additional Italian parsley.

Don’t overcook the shells before stuffing them. Cook them just until al dente—they’ll continue cooking in the oven. Rinse them briefly under cool water after draining to stop the cooking and make them easier to handle. For the best result, let the stuffed shells rest for about 10 minutes before

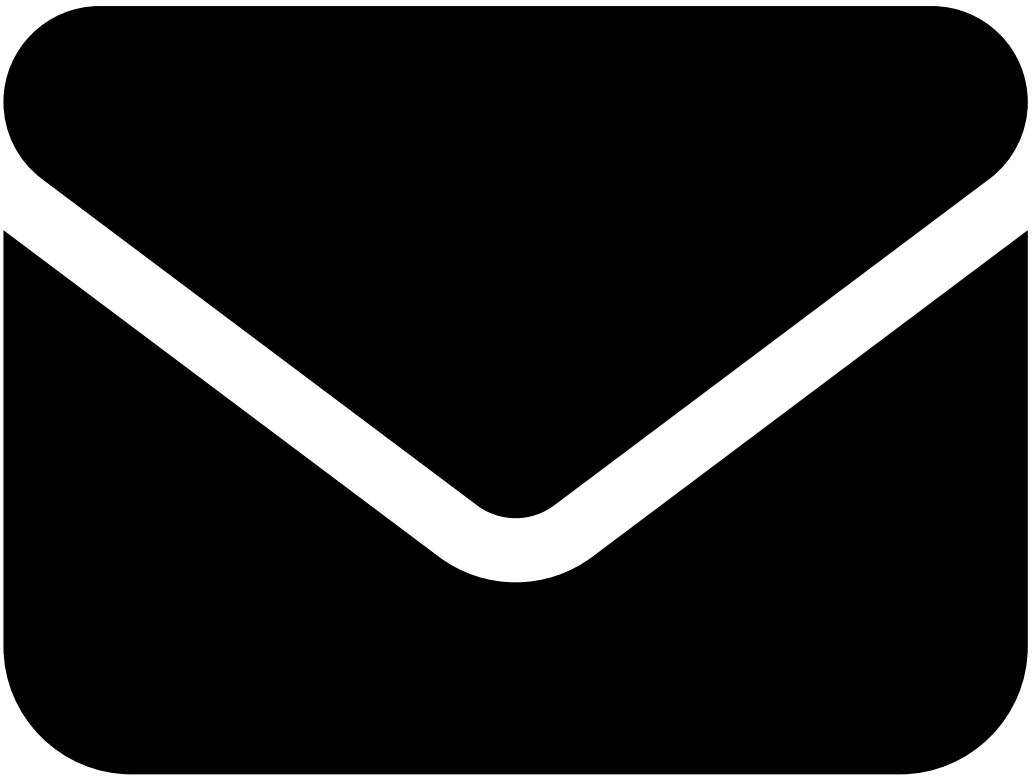
serving so the filling and béchamel can settle.
Main Course
Italian
sausage stuffed pasta shells,

Italian One Pot Pasta and Potatoes (Pasta e Patate)

Italian One Pot Pasta and Potatoes (Pasta e Patate)

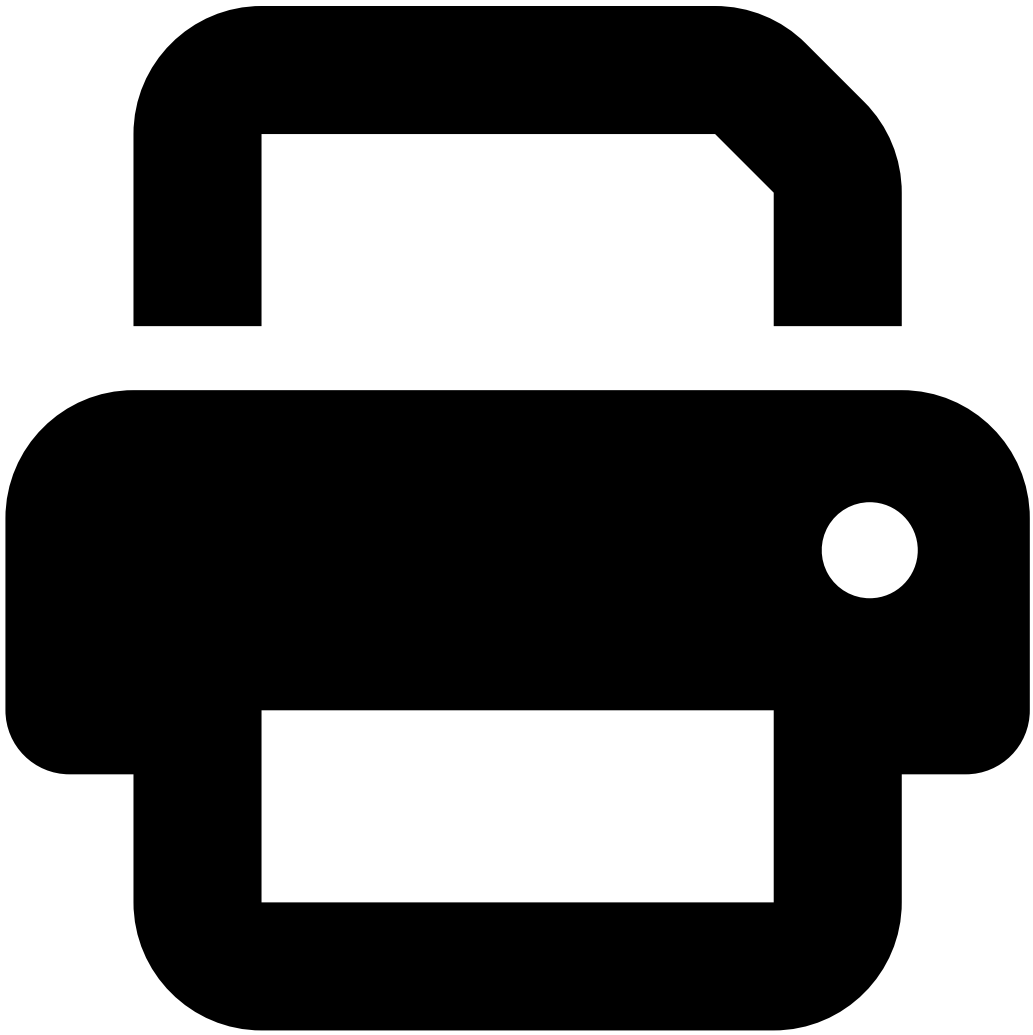
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There is something magical about simple, rustic recipes that warm your heart as much as your stomach. One pot pasta and potatoes or pasta e patate is a beloved pasta dish in Italian households, a true testament to cucina povera- Italian peasant cooking that transforms humble ingredients into something delicious.

The recipe is the essence of simplicity, combining tender pasta, creamy potatoes, and herbs in a single pot. The starch from the potatoes and pasta create a naturally creamy sauce, perfectly flavored with pancetta, garlic and onions. It’s a meal that feels like home for me , whether I am serving it on a cold winter night or as a quick weeknight dinner.

The beauty of one pot -meals isn’t just in the ease of cleanup-it’s the way the flavors melt together, creating flavor that is timeless and effortless.

Here’s why this one-pot pasta and potato recipe stands out

One- pot pasta and potatoes has a lot going for it here’s why

1. The combination of pasta and potatoes creates a creamy, hearty texture that’s filling and satisfying, perfect for chilly nights.
2. Simple and accessible: You only need a handful of pantry staples: pasta, potatoes, and a few aromatics. The only ingredient you may need is pancetta and here you could use bacon. Or for a vegetarian option leave it out completely.
3. One-pot convenience: Minimal cleanup is always a win!!!Cooking everything in one pot not only makes for easy cleanup but also allows the ingredients to infuse each other with flavor.
4. Economical and filling: Combining two carbs (pasta and potatoes) with pancetta creates a hearty meal that’s budget -friendly and delicious. Whether you are cooking for a cozy weeknight dinner or looking for a dish that feels like home this recipe delivers every time. With it’s rich, creamy texture smoky pancetta, and minimal cleanup, it’s destined to become a family favorite.

Storage

Store leftover Pasta e Patate in an airtight container in the refrigerator for **up to 3 days**. The pasta will continue to absorb the liquid as it sits, so add a splash of water or broth when reheating. Reheat gently on the stovetop or in the microwave until heated through.

What to Try Next

If you love simple Italian comfort food, try a few more of my easy recipes:

- **Mama’s Italian Meatballs** – tender, flavorful meatballs served with homemade marinara.
- **Authentic Italian Bolognese Sauce** – a slow-simmered classic perfect with your favorite pasta.
- **Pasta alla Norcina** – one of my restaurant favorites, made with sausage and a creamy sauce.
- **Italian Wedding Soup** – a comforting soup with tender meatballs, greens, and pasta.
- **Pasta e Fagioli** – another classic Italian one-pot meal made with pasta and beans.

Looking for more easy Italian-inspired recipes? Browse my pasta recipes for more simple meals the whole family will love.

Italian One Pot Pasta and Potatoes (Pasta e Patate)



This Italian One Pot Pasta and Potatoes, or Pasta e Patate, is a simple, comforting dish made with tender potatoes and pasta simmered together in one pot. It’s an easy, hearty Italian meal with humble ingredients and plenty of flavor.

- 1/2 Lb. short pasta
- 2 Tbsp. olive oil
- 1 cup chopped onion

- 1 Tbsp. minced garlic
- 1 cup diced pancetta
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 3 cups small diced potatoes
- parmesan rind
- a few rosemary sprigs
- 1 cup shredded provolone

1. Start in a stock pot over medium high heat in the 2 Tbsp. of olive oil by cooking the pancetta until crisp.

2. Then add the onion and garlic and cook until soft and translucent. mix in 2 Tbsp. of tomato paste , Then add the potatoes and mix to coat with the cooked ingredients in the pot. Salt and pepper. Then add the stock, parmesan rinds and a few sprigs of rosemary.
3. Cover and simmer on low until the potatoes are fork tender , about 20 minutes. Then add the pasta and cook until the pasta is el dente about 9 minutes longer.
4. Take it off the fire and mix in the shredded provolone cheese . Mix to melt the cheese.
5. Ladle into pasta bowls , top with more grated parmesan and fresh chopped Italian parsley.

For the best texture, don’t add all the liquid at once. Add it gradually as the pasta cooks so the potatoes and pasta release their starch and create a naturally creamy sauce.

For the best texture, don’t add all the liquid at once. Add it gradually as the pasta cooks so the potatoes and pasta release their starch and create a naturally creamy sauce.

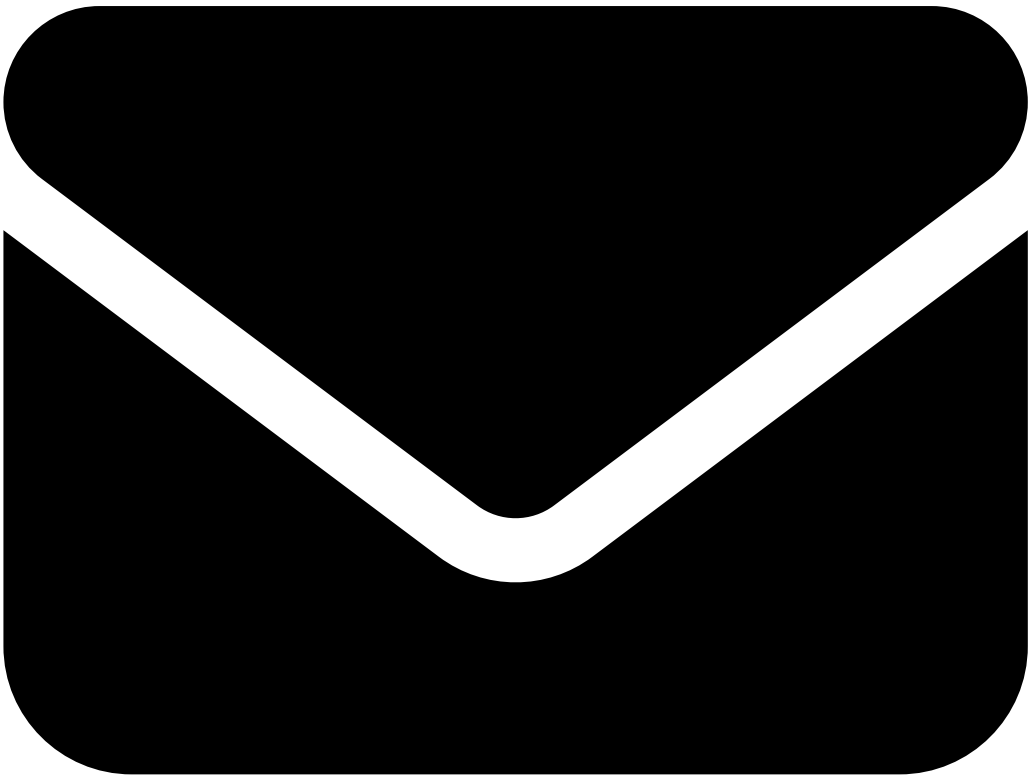
Tip text
Main Course, pasta
Italian
Italian pasta and potatoes,

Creamy Italian sausage risotto

Creamy Italian Sausage Risotto

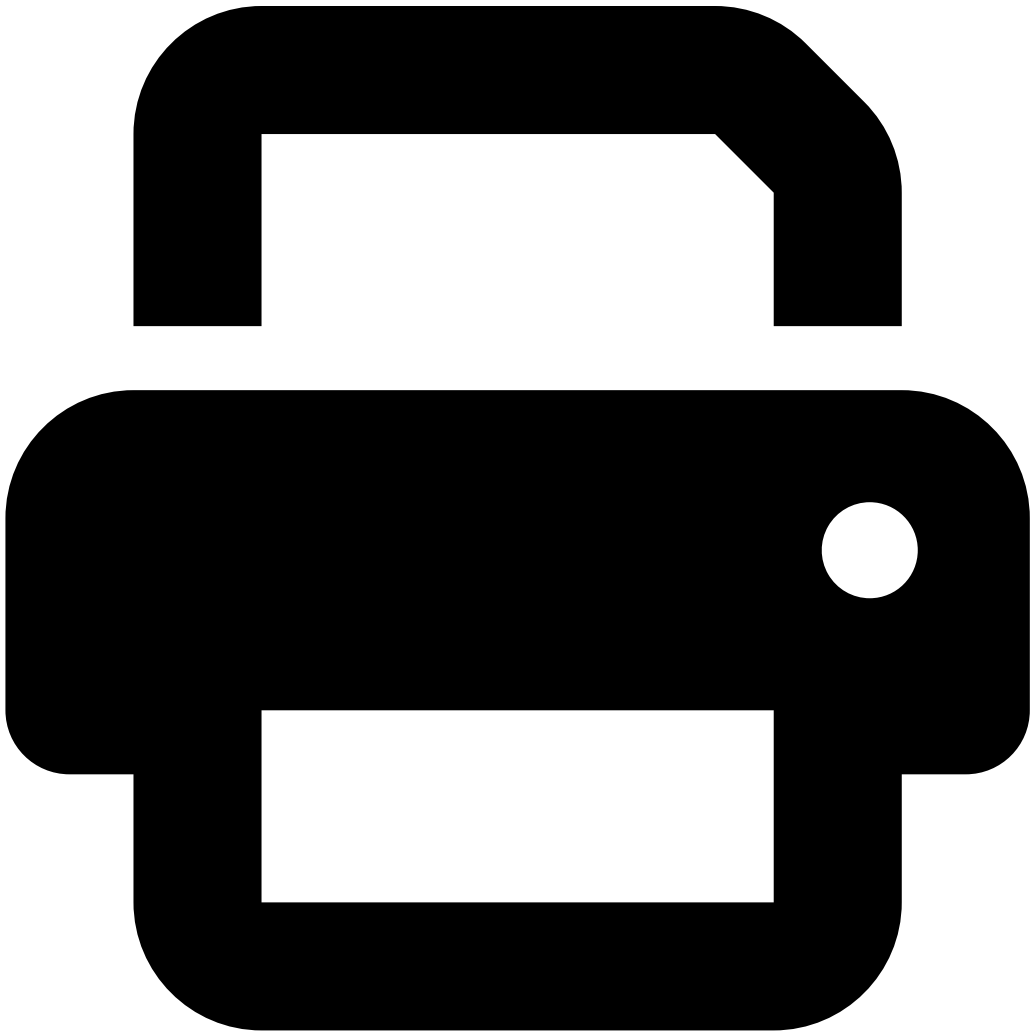
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SMS



Creamy Italian Sausage Risotto is the kind of dish that makes a cozy night at home feel a little special. Creamy Arborio rice is slowly simmered in flavorful broth with savory Italian sausage and herbs, then finished with a touch of cream for an extra silky texture. It’s rich, comforting, and full of Italian flavor, yet simple enough to make for a weeknight dinner or serve when you’re gathering with family and friends.

Three tips for success when making creamy Italian sausage risotto

- Warm your broth: Always warm your broth to maintain the temperature of the risotto. Adding cold broth slows the cooking process and makes the risotto less creamy . Keep the broth on low heat in a separate pan and add it a ladle at a time, while stirring.
- Toast the rice: before adding any liquid lightly toast

the rice along with the sausage. This step enhances the nutty flavor and helps the rice hold it’s texture as it absorbs the broth.

Stir often: Stir often, stirring releases the starch from the rice, creating a creamy consistency. Creamy Italian sausage risotto is a comforting and flavorful restaurant quality dish that brings the heart of Italian cooking to your table. Simple, satisfying and sure to impress- enjoy every delicious bite.

Risotto is best served immediately while it’s creamy and loose. If it sits too long, the rice continues to absorb the liquid and becomes thicker. If needed, stir in a splash of warm broth just before serving to bring it back to the perfect consistency.

Storage

Store leftover risotto in an airtight container in the refrigerator for up to **3 days**. Reheat gently on the stovetop or in the microwave with a splash of broth or water to loosen it.

What to Serve With It

Simple Italian green salad

Roasted vegetables

Crusty Italian bread

Sautéed greens

Arugula salad with lemon and Parmesan

More Italian Comfort Food” section near the bottom:

- **Creamy Mushroom and Italian Sausage Risotto** – a delicious variation with earthy mushrooms.

- **Italian Sausage and Mushroom Pasta** – an easy one-pan pasta dinner with savory sausage and mushrooms.
- **Italian Sausage, Potatoes and Green Beans** – a rustic 30-minute one-pan meal.
- **Italian Sausage, Escarole and Beans** – another cozy Italian sausage recipe.
- **Creamy Italian Zuppa Toscana Soup** – perfect when you're craving something warm and comforting.

Kitchen Tools I Use

A few simple tools make making risotto easier. I like using a heavy-bottomed pot or Dutch oven for even cooking, a wooden risotto spoon for stirring, and a fine grater for freshly grated Parmesan.

Creamy Italian Sausage Risotto



Creamy Italian Sausage Risotto is a comforting Italian-inspired dish made with savory Italian sausage, creamy Arborio rice, Italian herbs, and flavorful broth. Finished with a touch of cream and Parmesan, this rich and satisfying risotto is perfect for a cozy weeknight dinner or a special meal with family and friends.

- 2 Tbsp. olive oil

- 1 small chopped shallot
- 1 Tbsp. minced garlic
- 1/2 lb. Italian sausage casings removed
- 2 cups Arborio rice
- 1 cup white wine
- 5 cups chicken stock warmed
- 1 cup grated parmesan cheese
- 1/2 cup heavy cream
- 2 Tbsp. butter
- 2 Tbsp. chopped Italian parsley

1. In the olive oil over medium high heat cook the sausage in a large saute pan over medium high heat until brown , breaking it up into small crumbles as it cooks. Add the garlic and cook until soft.

2. Then add the rice and toast for a few minutes
3. Deglaze the pan with the wine waiting until it evaporates, then beginning adding the warm broth by ladle full while stirring continuously and waiting until it evaporates before repeating the process until all the chicken stock is added . this process will take 15 -20 minutes.
4. Once the rice is fork tender and creamy stir in the parmesan, heavy cream, Italian parsley, and butter. Mix until well combined and heated through .
5. Adjust your seasonings top with more parmesan and parsley.

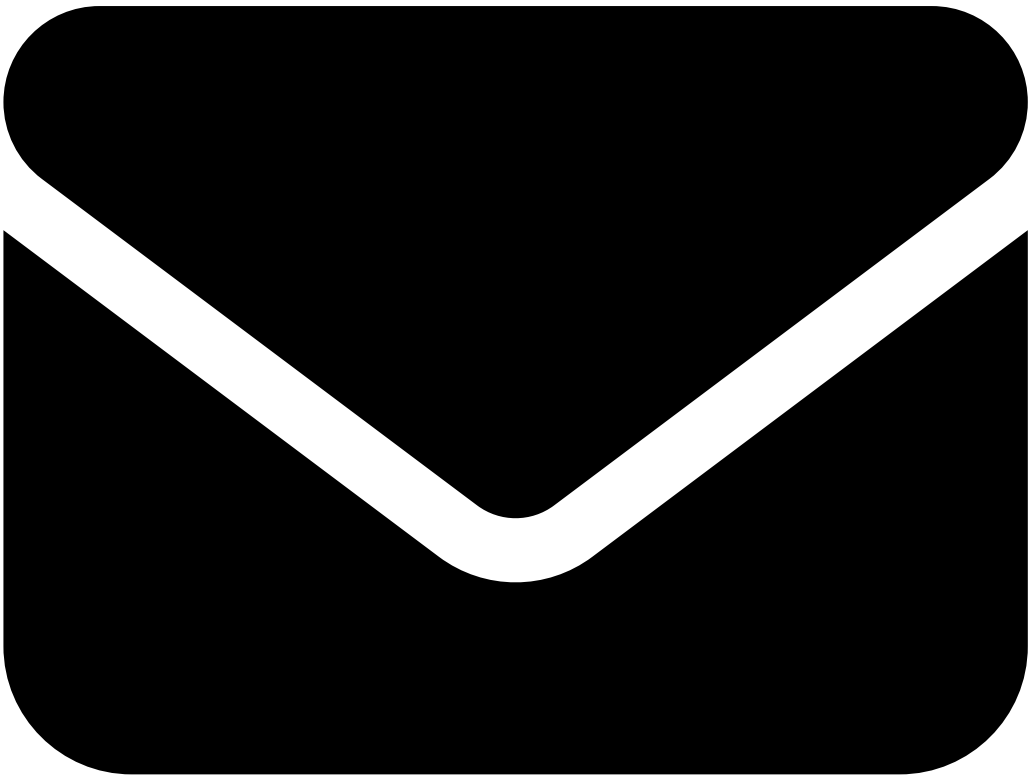
The secret to creamy risotto is adding the warm broth gradually and stirring often. Don’t rush the process—give the rice time to absorb the broth before adding more. The Arborio rice releases its natural starches as it cooks, creating that signature creamy texture without needing a lot of cream.
Main Course
Italian
creamy Italian sausage risotto,

Vegetarian Mushroom Bolognese Bucatini

Vegetarian Mushroom Bolognese Bucatini

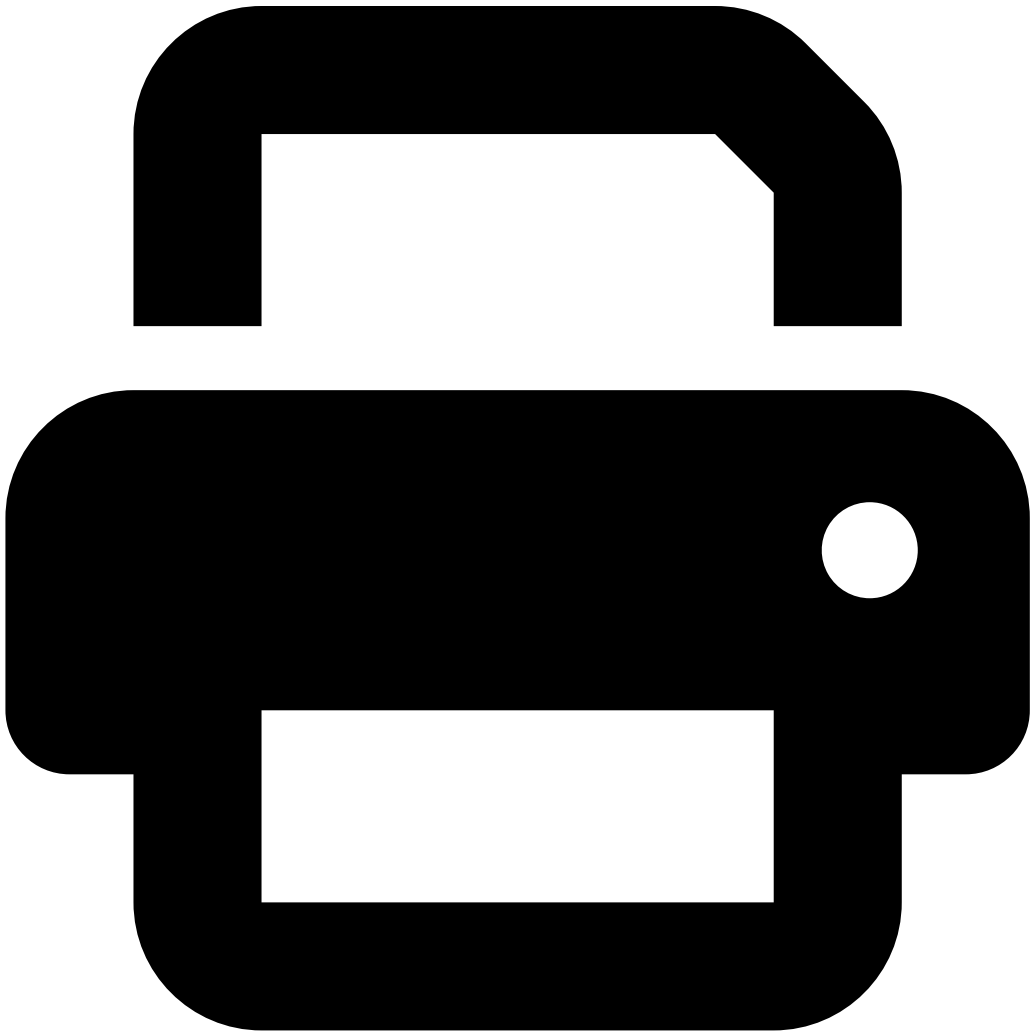
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SMS



Mushrooms are the star of this hearty vegetarian recipe. Their meaty texture and savory flavor make them an excellent substitute for ground beef, creating a rich and satisfying meatless Bolognese sauce. For this recipe, I use a combination of cremini and baby bella mushrooms to give the sauce plenty of depth and a robust, hearty texture.

The mushrooms are combined with a classic Italian vegetable soffritto, red wine, and good-quality tomatoes, creating layers of flavor as the sauce slowly simmers. You can easily use your favorite combination of mushrooms depending on what you have available or what you enjoy most.

I love serving this vegetarian mushroom Bolognese with bucatini because its hollow center captures the rich sauce in every bite. If you don’t have bucatini, spaghetti, fettuccine, or another sturdy pasta works beautifully, too.

This Vegetarian Mushroom Bolognese Bucatini proves that comfort food doesn't need meat to be rich, satisfying, and delicious. Whether you're a lifelong vegetarian, trying to add more meatless meals to your table, or simply craving a hearty bowl of Italian pasta, this recipe delivers all the comforting flavors of a classic Bolognese with a delicious vegetarian twist.

What to Know About This Vegetarian Mushroom Bolognese Bucatini Recipe

- **Brown the mushrooms well.** This is one of the most important steps in the recipe. Allow the mushrooms to release their moisture and develop some color before adding the wine. This concentrates their flavor and gives the sauce a heartier texture.
- **Don't skip the soffritto.** The combination of onion, carrot, celery, and garlic creates the aromatic foundation of the sauce and adds another layer of flavor to the mushrooms and tomatoes.
- **Use good-quality tomatoes.** Since tomatoes are an important part of the sauce, choosing good-quality canned tomatoes makes a noticeable difference in the finished Bolognese.
- **The red wine adds depth.** Let the wine cook down completely before adding the tomatoes. This allows the alcohol to evaporate while leaving behind its rich flavor.
- **Give the sauce time to simmer.** A slow, gentle simmer allows the mushrooms, vegetables, and tomatoes to come together into a rich and flavorful vegetarian Bolognese.
- **Save your pasta water.** The starchy pasta water is perfect for loosening the sauce and helping it cling to the bucatini. Add it a little at a time until the sauce reaches the consistency you like.
- **Bucatini isn't your only option.** I love bucatini because its hollow center holds onto the sauce, but spaghetti,

fettuccine, rigatoni, or another sturdy pasta can be used instead.

- **Finish with Pecorino Romano.** Freshly grated Pecorino Romano adds a salty, savory finish that complements the earthy mushroom sauce beautifully.

More Italian Comfort Food to Try

If you love hearty Italian pasta recipes, there's plenty more to make! Try my **Creamy Broccoli Pasta Shells**, **classic vegetarian minestrone soup**, or **Pasta all'Ortolana** for more comforting meatless and vegetable-forward pasta dishes.

For this recipe, a few good kitchen essentials make preparation even easier. A **large Dutch oven** or **heavy-bottomed skillet** is ideal for slowly simmering the mushroom Bolognese, while a **pasta pot** makes cooking and draining the bucatini simple. Finish each plate with freshly grated Pecorino Romano using a **fine cheese grater**

If you're looking for more homemade Italian recipes, be sure to explore my **Pasta Recipes** collection for classic favorites, comforting sauces, and easy weeknight dishes.

Vegetarian Mushroom Bolognese Bucatini



Vegetarian Mushroom Bolognese Bucatini is a hearty meatless pasta made with finely chopped mushrooms, aromatic vegetables, tomatoes, and Italian herbs simmered into a rich, savory sauce. Tossed with thick, chewy bucatini and finished with Parmesan, it’s a comforting Italian-inspired meal that’s full of flavor.

- 1/2 Lb. Bucatini pasta
- 2 Tbsp. olive oil
- 1 cup each chopped onion+ celery+ carrots
- 2 Tbsp. minced garlic
- 4 cups sliced mushrooms
- 1 cup red wine
- 2 cups tomato sauce
- 2 cups crushed tomatoes
- 2 Tbsp. fresh chopped Italian parsley
- Grated pecorino Romano

1. **Sauté the vegetables:** Heat the olive oil in a large skillet or Dutch oven over medium heat. Add the onion, carrots, celery, and garlic. Sauté until the vegetables are soft and fragrant, about 5–7 minutes.
2. **Cook the mushrooms:** Add the mushrooms and cook until they release their moisture and begin to brown, about 10 minutes. Allowing the mushrooms to brown well will give the sauce a deeper, more savory flavor.
3. **Deglaze with wine:** Pour in the red wine and stir, scraping up any browned bits from the bottom of the pan.

Let the wine simmer until it has completely evaporated.

4. **Add the tomatoes:** Stir in the tomatoes, then cover and reduce the heat to low. Simmer gently for about 1 hour, stirring occasionally, until the sauce is rich and flavorful.

5. **Cook the pasta:** While the sauce simmers, bring a large pot of salted water to a boil. Cook the bucatini until **al dente**, according to the package directions. Reserve about 1 cup of pasta water before draining.

6. **Toss the pasta:** Add the cooked bucatini to the mushroom Bolognese. Toss well to coat, adding a little reserved pasta water if the sauce is too thick.

7. **Finish and serve:** Stir in the Italian parsley. Plate the pasta and finish generously with freshly grated Pecorino Romano. Serve immediately.



For the best mushroom Bolognese, don’t rush the mushrooms. Cook them until their moisture has evaporated and they begin to brown. This concentrates their flavor and gives the sauce a deeper, more savory taste. Finely chopping the mushrooms also gives the sauce a texture similar to traditional Bolognese.
Main Course
Italian
Vegetarian Mushroom Bolognese pasta sauce

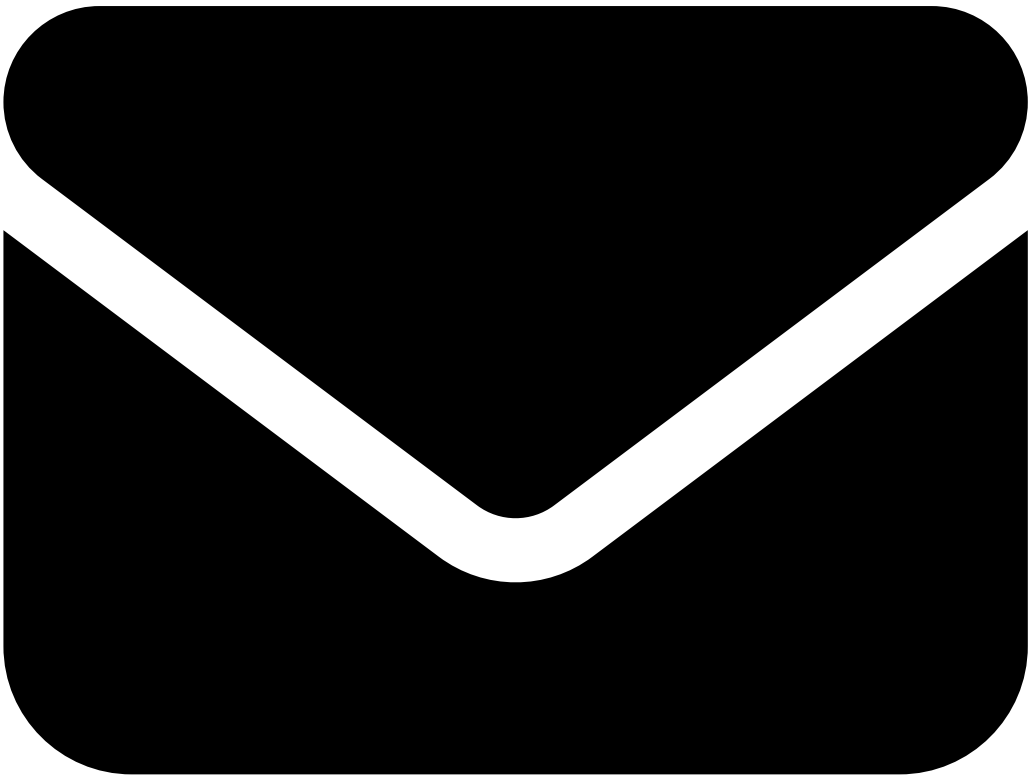
Creamy butternut squash

gorgonzola pasta

Creamy Butternut Squash Gorgonzola Pasta

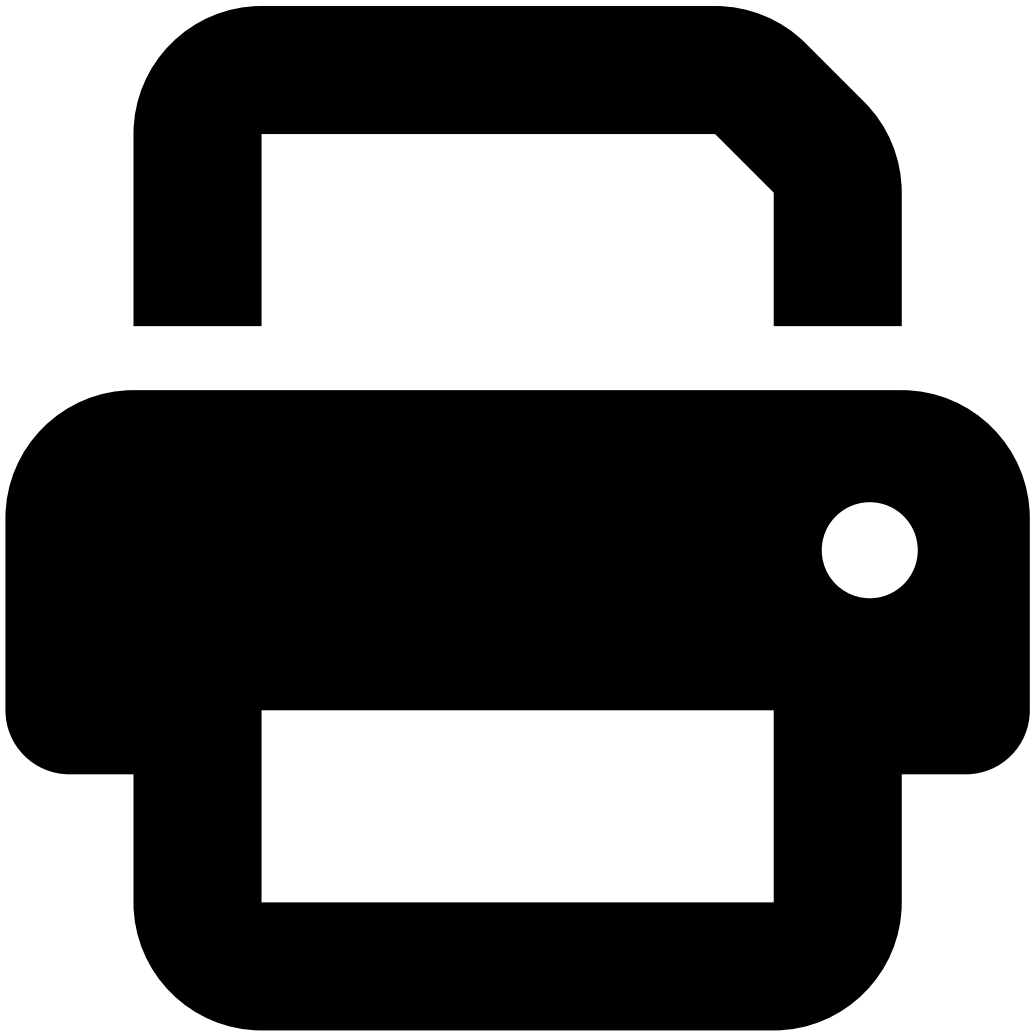
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SMS



This Creamy Butternut Squash Gorgonzola Pasta is a cozy cold-weather dish that combines roasted butternut squash, creamy Gorgonzola cheese, roasted garlic, and fresh sage into a rich and silky pasta sauce. The natural sweetness of the roasted squash pairs beautifully with the bold, savory flavor of Gorgonzola, creating a perfectly balanced vegetarian pasta dish.

Roasting the butternut squash, garlic, and onion brings out their natural sweetness and adds incredible depth to the sauce. Once blended, the roasted vegetables create a smooth, creamy base that coats every bite of pasta. Crispy sage and toasted walnuts add texture and even more flavor, while the Gorgonzola gives the dish its irresistible cheesy finish.

If you’re looking for an easy vegetarian pasta recipe that feels special enough for a holiday meal but simple enough for a cozy weeknight dinner, this butternut squash pasta is just

the recipe. It’s hearty, comforting, and filled with the flavors of fall—making it a delicious way to enjoy seasonal ingredients.

Things to Know About This Creamy Butternut Squash Gorgonzola Pasta Recipe

Roast the squash until caramelized. Don’t just roast the butternut squash until it’s tender. Let it develop some golden-brown edges. This brings out its natural sweetness and gives the sauce a deeper, more complex flavor.

Pasta water creates the creamy sauce. Once the squash, roasted garlic, and onion are blended, add reserved pasta water to create a smooth, velvety sauce. The starch from the pasta water helps the sauce cling to the pasta. You can also use vegetable or chicken stock for additional flavor, or add a splash of cream if you prefer a richer sauce.

Season the squash well. Butternut squash has a naturally sweet flavor, so proper seasoning is important. Taste the sauce before adding the Gorgonzola and adjust the salt and pepper as needed.

Balance the sweetness. Gorgonzola brings a wonderful tangy, savory flavor that balances the sweetness of the butternut squash. If you prefer more acidity, add a squeeze of fresh lemon juice or a splash of dry white wine to brighten the sauce.

The sage and walnuts matter. Crispy sage adds an earthy, aromatic flavor, while toasted walnuts provide a delicious crunch against the creamy pasta. They also complement both the squash and Gorgonzola beautifully.

Use the pasta you love. This creamy butternut squash sauce works with many types of pasta. I especially love it with long pasta, but rigatoni, penne, or other shapes that hold onto a

creamy sauce work just as well.

This **creamy butternut squash Gorgonzola pasta** is all about balance—the sweetness of roasted squash, the tang of Gorgonzola, the earthiness of sage, and the crunch of toasted walnuts. It's a comforting vegetarian pasta recipe that feels special enough for entertaining but is easy enough to make for a cozy dinner at home.

Make Ahead

The butternut squash can be roasted a day ahead and refrigerated. Prepare the sauce when you're ready to cook the pasta for the best texture.

Storage

Store leftovers in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat gently in a skillet over medium-low heat. Add a splash of milk, cream, broth, or reserved pasta water to loosen the sauce as it warms.

Freezing

Because of the dairy-based sauce, freezing is not recommended for the best texture. This pasta is best enjoyed fresh or within a few days of making it.

More Cozy Italian Pasta Recipes

If you love comforting pasta recipes, be sure to try some of my other favorites, including **Vegetarian Mushroom Bolognese Bucatini**, **Creamy chicken fettucine alfredo** and **Pasta alla Genovese meat pasta sauce**. Each one brings something different to the table while keeping that delicious homemade Italian

flavor.

A few simple kitchen essentials can also make this recipe even easier. A **large baking sheet** is perfect for roasting the squash, garlic, and onions, while a **food processor** makes creating that silky-smooth butternut squash sauce quick and easy. For serving, I love using a **large pasta serving bowl** and finishing the dish with freshly grated Gorgonzola and toasted walnuts.

Looking for more comforting recipes for fall and winter? Explore my **Pasta Recipes** collection for more hearty, homemade dishes the whole family will enjoy.

Creamy Butternut Squash Gorgonzola Pasta



Creamy Butternut Squash Gorgonzola Pasta combines sweet, roasted butternut squash with rich Gorgonzola cheese for a silky, savory pasta sauce. Finished with Parmesan and a touch of fresh sage, this comforting Italian-inspired pasta is perfect for fall, holidays, or an easy weeknight dinner.

- 1/2 lb. short pasta
- 4 cups peeled cleaned and seeded butternut squash cut into medium dice

- 1 whole garlic bulb cut in half
- 1 medium peeled onion quartered
- 2 Tbsp. olive oil
- 5-6 sage leaves
- 2 cups walnuts
- 2 cups pasta water
- 2 cups gorgonzola crumbles
- salt and pepper to taste

1. **Roast the butternut squash:** Preheat the oven to 400°F. Arrange the butternut cleaned squash, garlic bulbs, and onions on a baking sheet. Drizzle with extra virgin olive oil and season with salt and pepper. Roast for about 35 -45 minutes, or until the squash is tender and beginning to caramelize and the onions and garlic are soft.

Cook the pasta: While the vegetables roast, bring a large pot of generously salted water to a boil. Cook the pasta until al dente, following the package directions. Before draining, reserve 2 cups of the pasta water.

1. **Toast the sage and walnuts:** Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add the fresh sage leaves and walnuts. Cook until the sage is crisp and the walnuts are lightly toasted. Remove a few sage leaves and walnuts for garnish, if desired.

2. **Toast the sage and walnuts:** Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add the fresh sage leaves and walnuts. Cook until the sage is crisp and the walnuts are lightly toasted. Remove a few sage leaves and walnuts for garnish, if desired.

3. **Make the butternut squash sauce:** Transfer the roasted butternut squash, onions, and roasted garlic to a food

processor. Add 1 cup of the reserved pasta water and blend until completely smooth and creamy.

4. **Finish the Gorgonzola sauce:** Pour the butternut squash purée into the sauté pan with the sage and walnuts. Add the Gorgonzola and the remaining 1 cup of reserved pasta water. Stir well and simmer gently for about 5 minutes, or until the Gorgonzola has melted and the sauce is smooth and creamy.

5. **Toss the pasta:** Add the cooked pasta to the creamy butternut squash Gorgonzola sauce. Toss well, allowing the sauce to coat every strand. If needed, add another splash of pasta water to reach your desired consistency.

6. **Serve:** Divide the pasta among serving plates and finish with additional crumbled Gorgonzola, toasted walnuts, and crispy sage leaves. Serve immediately.



For the best flavor, roast the butternut squash until caramelized and lightly browned. Those golden edges add a deeper sweetness that balances the tangy Gorgonzola. When tossing the pasta, add the reserved pasta water a little at a time to create a smooth, creamy sauce.

Main Course

Italian

Butternut Squash Gorgonzola Pasta