

Italian Cauliflower pasta alfredo

Italian Cauliflower pasta alfredo

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.

Ingredients

- 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

Instructions

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. ENJOY!!!!
-

Semolina Gnocchi Romana recipe

Semolina Gnocchi Romana recipe

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, ENJOY!!!!

Ingredients

- 3 cups milk
- 1 cup semolina flour
- pinch of nutmeg
- 1 egg
- 1 cup grated pecorino Romano
- salt and pepper to taste
- SAUCE INGREDIENTS
- 1/2 stick melted butter
- 1/2 cup grated pecorino Romano

Instructions

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 onto 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. ENJOY!!!
-

Mushroom pasta alla Norcina

Mushroom pasta alla Norcina

Mushroom pasta alla Norcina is an Italian pasta dish from the Umbrian region of Italy. The dish traditionally combines hearty flavors of sausage, mushrooms and a rich cream sauce. There are different version, some have mushrooms or cured meats or both. The recipe is super quick and easy to make, taking almost as much time to make the sauce as it does to cook the pasta. The sauce starts out by cooking the onions, garlic, mushrooms and Italian style sausage (spicy or mild). The sausage used in norcina typically contains rosemary, and since the Italian sausage available here does not contain rosemary I add a few sprigs to the sauce. By the time the sauce is ready the pasta should be cooked and you toss the

pasta with the sauce and adjust your seasonings.

The dish is hearty and delicious, showcasing the earthy , rustic flavors of Italy. It's an ideal meal for chilly nights or when your craving Italian but want quick and easy too.

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. ENJOY!!!

Ingredients

- 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

Instructions

1. Start by cooking your pasta *al 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.
ENJOY!!!!

Creamy vegetarian broccoli pasta shells

Creamy vegetarian broccoli pasta shells

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. ENJOY!!!!

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. ENJOY!!!

Ingredients

- 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

Instructions

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.
ENJOY!!!!
-

Italian sausage and lentil pasta

Italian Sausage and lentil pasta

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 perfect 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!!!!

Ingredients

- 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

Instructions

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. ENJOY!!!!

Sausage stuffed shells with bechamel

Sausage stuffed shells with bechamel

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 quiet 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!!!

Ingredients

- 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

Instructions

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.<https://amzn.to/3ZS3CIx>
 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. ENJOY!!!!
-

one pot pasta with potatoes

one pot pasta and potatoes

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 potatoes stand 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.

Ingredients

- 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

Instructions

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. ENJOY!!!!

**Creamy Italian sausage
risotto**

creamy Italian sausage

risotto

Creamy Italian sausage risotto. The perfect marriage of savory sausage , creamy Arborio rice, and Italian herbs is the perfect dish for cozy nights or special gatherings. This recipe combines the earthy flavor of Arborio rice with in a the savory richness of Italian sausage, simmered in a flavorful broth and finished with a touch of cream. Whether you're a seasoned risotto lover or trying it for the first time, this dish is a foolproof way to elevate your table.

Three tips for success when making creamy Italian sausage risotto

1. 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.
2. 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.
3. 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.

Ingredients

- 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

Instructions

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. ENJOY!!!!

Meat sauce spaghetti pasta

pie

Meat sauce spaghetti pasta pie

You may not be familiar with meat sauce spaghetti pasta pie, but it's definitely one you should try. This delicious and hearty meal takes traditional spaghetti and meat sauce and turns it into a savory pasta pie. My meat sauce pasta pie is a crowd pleaser, perfect for family meals or Saturday night dinner with friends.

It's one of those recipe where all the work is in the prep. Once you have a prep plan in place this baked spaghetti pie comes together quickly. Once it's in the oven you set the timer, and forget about it.

Tips for success with this meat sauce spaghetti pasta pie

Spring form pan: Using a spring form pan ensures clean pie like slices.

Cheese variations: Use provolone or fontina instead of the mozzarella for a delicious twist

Meat option: Skip the ground beef when you make the sauce and use Italian sausage instead, mild or spicy.

A baked spaghetti pasta pie is the ultimate Italian comfort dish. Whether you're serving it fresh straight from the oven or enjoying leftovers, this dish is a timeless crowd -pleaser that celebrates the essence of Italian home cooking. Pair it with a crisp salad and warm garlic bread, and you have a meal

that's better than takeout from your own kitchen.

Ingredients

- 1 lb. spaghetti
- 2 Tbsp olive oil
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flakes
- 1/2 cup chopped onion
- 1/2 lb. lean ground beef
- 1 cup diced pancetta
- 2 cups tomato sauce
- 2 cups crushed tomatoes
- 1 cup water
- 1Tbsp. Italian seasoning
- 1 Tbsp. chopped Italian parsley
- 4 eggs
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella

Instructions

1. Start by making the meat sauce: in a stock pot saute the onion, garlic and red pepper flakes until soft and translucent. Then add in the tomatoes, Italian seasoning and water, cover and simmer for 1 hour
2. In the meantime cook the spaghetti half way drain and set in a bowl. In a separate bowl whisk the eggs along with the parmesan cheese, 1 cup of the mozzarella and Italian parsley.
3. Pour the egg mixture over the cooked spaghetti mix to combine. Then add the meat sauce to the spaghetti, mix well this into a lightly greased 8 inch spring form pan. Top with the remaining shredded mozzarella.
4. Bake in a preheated 375- degree oven for 35-45 minuets. Let cool slightly before removing from the pan.

ENJOY!!!!

Vegetarian Mushroom Bolognese Bucatini

Vegetarian Mushroom Bolognese Bucatini

If your craving Italian and want vegetarian too make this delicious vegetarian mushroom Bolognese bucatini. When your in the mood for the comforting richness of Italian food but want to keep it vegetarian, this mushroom Bolognese bucatini is the perfect answer. It's hearty, satisfying and packed with bold meaty flavors without the meat!!!

What to know about this vegetarian mushroom Bolognese bucatini recipe

Mushrooms are the star of this vegetarian recipe. Their meaty texture and hearty flavor make them an ideal substitute for ground beef. In this recipe I used a mix of cremini and baby portabella mushrooms to create a robust and savory pasta sauce. The addition of the vegetable soffrito, red wine and good quality tomatoes add depth of flavor. of course you can use any blend of mushrooms that fit your taste. Although I used bucatini, I love it's hollow center, if you don't have bucatini spaghetti or fettuccine works in this vegetarian recipe too. This vegetarian mushroom Bolognese bucatini is proof that comfort food doesn't have to rely on meat to be

rich, satisfying and delicious.

- Whether you're a lifelong vegetarian, experimenting with vegetarian meals, or simply craving a rich , satisfying pasta dish this recipe delivers all the comforting taste of a classic Bolognese with a fresh meatless twist.

Ingredients

- 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

Instructions

1. start by saluting the onion, carrots, celery and garlic until soft and fragrant. Then add the mushrooms and cook until beginning to brown.
2. Deglaze the pan with the red wine waiting until it evaporates, before adding the tomatoes. Cover and simmer for 1 hour. In the meantime cook your pasta el dente. Add a cup of pasta water to the sauce if too thick. Toss the pasta in this vegetarian Bolognese sauce add in the Italian parsley. Plate top with the grated pecorino Romano. ENJOY!!!!