

Meatball Sunday sauce

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There's something special about Italian Sundays, and meatball Sunday sauce where life slows down, and the kitchen becomes the heart of the home. For many Italian families, including my family, Sundays and sauce go together like peanut butter and jelly. Sunday sauce- a tradition that speaks to generations of love, warmth and togetherness. My easy and quick version, with tender, flavorful, meatballs is tribute to those cherished moments and the joy of sharing good food with loved ones. It's more than just a meal-it's a ritual, an experience, and for many, a tradition passed down through generations.

Sunday sauce doesn't have to be an all-day affair to feel like a special home-cooked meal. My version is designed for the modern home cook- easy to make, quick to assemble, with just 1 1/2 hours of cook time. It's a perfect recipe to prep ahead of time. With tender meatballs and a rich tomato sauce, this Meatball Sunday sauce recipe delivers all the flavor of a traditional Italian Sunday meal without hours in the kitchen.

Why this Meatball Sunday sauce is perfect for busy days

Minimal prep: The ingredients are straightforward and easy to find, no need for fancy techniques or equipment.

Quick Assembly: With a streamlined process, you can have the sauce simmering and the meatballs prepped in under 30 minutes.

Make-ahead friendly: Both the meatballs and the sauce can be prepared ahead of time and stored in the fridge for three days

or frozen for up to three months. And then reheated for an effortless ready made meal that taste like you spend the whole day cooking.

Versatile: This Sunday sauce can be served over pasta, polenta, or even on it's own with a side of crusty bread.

Meatball Sunday sauce doesn't have to be complicated to feel special- this recipe proves that a hearty, flavor meal can come together easily. Whether you enjoy it just made or make ahead, this dish is guaranteed to bring joy and Italian tradition to your table.

Ingredients For the Meatballs

- 2 eggs
- 1/3 cup milk
- 1 cup day-old bread, crust removed (or 1 cup plain breadcrumbs)
- 1/3 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- 1 Tbsp. finely minced garlic + 1 teaspoon garlic powder
- 1/4 cup finely chopped onion + 1 Tbsp. onion powder
- 1 Lb. lean ground beef
- Salt and pepper to taste
- INGREDIENTS FOR the Sauce
- 2 Tbsp. olive oil
- 1 small onion
- 1 handful
- Italian parsley
- 3 cloves of garlic
- 2 San Manzano 14 oz. crushed tomatoes
- 1 San Manzano 14 oz. can tomato sauce
- 1 Tbsp. oregano
- 1 cup water from rinsing out the tomato cans
- A few fresh basil leaves
- 1 Tbsp. butter

Instructions

1. Start by making the sauce. Chop the onion, garlic and Italian parsley into almost a paste. Then in 2 Tbsp. of olive oil over medium high heat saute the paste until soft and fragrant.
2. Add the tomatoes rinse out the cans with a little water and add to the stock pot. Bring to a slow simmer. cover and simmer for 1 hour. In the meantime make the meatballs: Preheat your oven to 375- degrees In a bowl add the eggs, milk, cheese and bread. Let sit for 10 minutes. Then add the rest of the meatball ingredients except for the ground beef and mix until well combined. Then add the ground beef, and mix just until well mixed. With wet hands form the meat into golf size balls. You should have 10 meatballs with this amount of ingredients.
3. Bake the meatballs on a parchment lined cookie sheet for 10 -12 minutes or until just beginning to brown.
4. After the sauce has been simmering for 1 hour. Add the baked meatballs and simmer the Sunday sauce for 1 hour longer. Add 1 Tbsp. of butter for a rich finish, and fresh basil. ENJOY!!!!

Sausage mushroom sauce
polenta

Sausage mushroom sauce polenta

If you're looking for the ultimate comfort food that's both hearty and delicious, sausage mushroom sauce polenta is what to make. This dish is the epitome of rustic Italian cooking, blending savory spicy sausage, earthy mushrooms, and velvety polenta into a meal that warms your heart and soul. Whether served as a casual family meal or Saturday night dinner with friends, it's a guaranteed hit.

Tips for making sausage mushroom sauce polenta

1. Choose the right sausage and mushrooms: When I make this dish I like using spicy Italian sausage for its bold flavors, and pairs well with cremini mushrooms. The sausage adds a savory depth, while the earthy mushrooms balance the richness. Of course you can use any mushroom that you prefer or mild Italian sausage. A splash of red wine makes the sauce even more flavorful- trust me, it's worth it.
2. Slow cooked polenta is key: polenta reminds me of my Italian childhood- it's comfort food through and through. Stirring the polenta slowly and consistently ensures it turns out creamy and lump-free. Adding parmesan makes it indulgent. The way my family used to enjoy
3. Layer flavors: One trick I learned is to season each layer. Sauté the sausage and mushrooms with onion and garlic, then let the sauce simmer gently. This brings out deep, complex flavors that makes this dish delicious and unforgettable. Enjoy every moment while making this- it's one of those meals where the love you

put into it really shines through!!!

Ingredients

- 2 Tbsp. olive oil
- 1/2 lb. sliced cremini mushrooms
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 lb. spicy Italian sausage crumbles
- 1/2 cup red wine
- 2 cups marinara sauce
- salt and pepper to taste
- INGREDIENTS FOR THE POLENTA
- 2 cups chicken or vegetable stock
- 1 cup milk
- 1/2 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 cups polenta
- salt and pepper to taste

Instructions

1. Start by making the sauce in a saute pan over medium high heat, in the olive oil cook the mushrooms until beginning to brown. Then add the onions and garlic and continue cooking until soft and translucent.
2. Then add in the sausage cook until brown. Deglaze the pan with the red wine, waiting until it evaporates before adding in the marinara sauce and simmer for 15-20 minutes. In the meantime make the polenta.
3. In a sauce pan add the stock and milk. Bring to boil , then lower the heat to a simmer. Slowly add in the cornmeal, stirring continuously. When the polenta begins to thicken about 10 minutes , add in the grated parmesan, parsley, salt and pepper. Adjust the

consistency, if to dry add more stock. It should be the consistency of mash potatoes. Add in the Italian parsley. Continue cooking for 5 minutes longer.

4. Spread the polenta on a platter top with the sausage mushroom sauce top with additional parmesan top with chopped Italian parsley. ENJOY!!!
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Three ingredient caramel sauce

Three Ingredient caramel sauce

I almost didn't write this three ingredient caramel sauce recipe. It felt almost too simple to share. But then I realized the often the easiest recipes the ones you can whip up with minimal effort and ingredients deliver the most flavor. This caramel sauce is exactly that: rich, buttery and velvety smooth made with just three pantry ingredients. Whether you are drizzling it over my pumpkin pie bundt cake , pouring it over pancakes, or using it as a dip for apple slices, it's a recipe you will come back to time and time again.

Why this three ingredient caramel sauce is so good

A three- ingredient caramel sauce is a game changer because of it's simplicity and how delicious it is.

1: Minimal ingredients: Made with just sugar, butter and cream, it delivers a luxurious, buttery caramel flavor

2: Perfect texture: The combination of butter and cream creates a silky, pourable consistency that's perfect for drizzling over desserts like , ice cream , pancakes or your upcoming pumpkin pie bundt cake.

3; It's easy to make: With only three ingredients, it's foolproof and approachable, even for beginners. Plus you can make it in less than 15 minutes.

4: Customizable: Once you master the basic recipe, you can elevate it by adding a pinch of sea salt for salted caramel sauce or a splash of vanilla for extra flavor. It's simple, satisfying and versatile- what's not to love?

Ingredients

- 2 cups of sugar
- 1/2 stick of butter
- 1 cup heavy cream

Instructions

1. Start by adding the sugar to a non-stick pan. Cook the sugar over medium low heat until a golden amber color (about 5 minutes) stirring continuously with a wooden spoon.
 2. Add in the butter waiting until it melts before adding in the cream. Keep stirring the caramel sauce until all the sugar is melted. And the sauce is velvety smooth (about 4-5 minutes) ENJOY!!!!
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Easy Savory mushroom gravy

Easy savory mushroom gravy

When it comes to comfort food, a rich and savory mushroom gravy is a game -changer. Perfectly versatile and bursting with earthy flavors. this easy recipe will elevate your holiday table or any meal that calls for a warm hearty sauce. Whether you're spooning it over mashed potatoes, drizzle it on roasted meats, or pairing it with a classic stuffing, this mushroom gravy is a must-have. This easy savory mushroom gravy is the perfect finishing touch to elevate any dish from holiday feasts to weeknight dinners.

Why I love this easy savory mushroom gravy recipe

This easy savory mushroom gravy recipe is a perfect blend of simplicity and rich flavor, making it a stand out addition to any meal. Here's why I love this recipe:

1. Minimal ingredients : It uses just a handful of pantry ingredients and fresh mushrooms, making it accessible and budget friendly.
- 2: Quick prep time: Ready in under 30 minutes, it's perfect for busy weeknights or last minute addition to holiday meals.
- 3: Versatile: It's earthy packed flavor complements mashed potatoes, turkey, stuffing and even roasted vegetables.
- 4: Customizable: you can use any combination of mushrooms that fits your lifestyle . You can also add a splash of red wine or a touch of cream for a different taste.

What's not to love about a recipe that's as comforting as it is easy and delicious. Rich, flavorful and easy to make, it's a versatile addition to your recipe cards that will impress family and friends. Give it a try and enjoy!!!!

Ingredients

- 4 oz. cremini mushrooms sliced
- 4 oz white button mushrooms sliced
- 2 Tbsp. butter
- 2 Tbsp. of flour
- 4 cups chicken stock
- 1 few sprigs of thyme

Instructions

1. Start by wiping your mushrooms clean with a paper towel then slice
 2. Add the mushrooms to a dry saute pan over medium high heat and cook until the mushrooms are a golden brown.
 3. Remove the mushrooms from the pan. Then in the same pan add the butter and the garlic and cook until the garlic is soft and translucent
 4. add the flour and cook for a few minutes, stirring continuously. Then while still stirring slowly add in the chicken stock. Add in the thyme sprigs and simmer for 10 minutes or until sauce thickens.
 5. Return the mushrooms back to the pan just to heat through. ENJOY!!!!!!
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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!!!!
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Italian beef Bracirole recipe

Italian beef bracirole recipe

This Italian beef bracirole recipe is made with thinly sliced, tender strips of beef filled with cheese and breadcrumbs rolled up then fried and slow cooked in a rich marinara sauce. In Italy , people rarely had access to tender more expense cuts of meat, so they either ground it for things like sausage or meatballs or they made things like bracirole, which is slow cooked to tenderize an otherwise tough piece of meat. It is a childhood favorite of mine. very easy to make too!!!

An overview of this Italian beef bracirole recipe

Italian beef bracirole is typically made using thin slices of beef. Common cuts include top round ,flank steak or sometimes pork depending on the region. The meat is ponded thin, stuffed with a flavorful filling, then rolled , tied fried and simmered in a tomato sauce until tender. Beef is the traditional choice, but pork bracirole can also be found, offering a slightly different taste.

Because bracirole is cooked long and slow, you are able to turn a tough piece of meat into a tender delight. If you can't find pre-sliced meat, start by slicing your meat very thin 1/4 inch thick or less and slices should be 8 to 10 inches in length.

Roll each piece tightly and secure so they do not open you can use toothpicks or kitchen twine to secure.

You have to try this recipe. Every family has their own variation on this Sunday Sauce, this is my. When you make these Italian beef bracirole please leave me a comment on your experience with this recipe. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 Lbs. about 8 thin top round steaks
- 2 Tbsp. finely minced garlic
- salt and pepper to taste
- 2 cups bread crumbs
- 1/2 cup grated parmesan
- 1/2 cup Italian parsley
- 1 egg
- 8 cups my each marinara sauce

Instructions

1. Start by covering the meat with plastic wrap and pounding thin with a meat mallet. Divide the garlic among the meat rubbing it into the meat. Then salt and pepper to taste.
2. Make the filling by mixing the breadcrumbs, parmesan, , parsley and the egg. salt and pepper to taste
3. Place a generous tablespoon of the filling in the center of the beef steaks. Roll up the meat jellyroll style. Tucking in the sides. Secure with kitchen twinge or toothpicks.
4. In the sauce stock pot that you make the sauce fry the bracirole in the olive oil until brown on all sides. Do this in batches so as not to crowd the pan. Remove and set aside. Then in the same pan make my easy marinara sauce.<https://lorianasheacooks.com/real-easy-marinara/>

5. Add the braciola's to the marinara sauce and simmer 1 hour longer. ENJOY!!!!

Baked pasta al forno

Baked pasta al forno

Baked pasta al forno is a classic and hearty baked Italian pasta dish. It is made by layering penne pasta with a hearty Bolognese meat sauce, creamy bechamel sauce and a mixture of cheese then baked to perfection. It's Italian baked comfort food. Pasta baked al forno is the quicker version of lasagna. Basically the same ingredients in a different variation.

Why You will love this baked pasta al forno recipe

This pasta bake is easy to prepare if you have a prep plan in place. For instance the sauces can be made ahead of time even the day before. Then assembled and baked the day you are going to serve.

Or you can assemble the pasta el forno one day refrigerate it and bake it next. Or you can freeze it assembled baked or unbaked for a ready made quick meal. These lasagna casserole pans are freezer to oven to table friendly.

You will love this pasta bake el forno recipe when you want to feed a crowd. The combination of pasta mixed with meat sauce and melted cheese is universally appealing. making it a crowd pleaser at gatherings.

Ingredients

- 1 lb. el dente cooked penne pasta
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1 Lb. lean ground beef
- 1 cup red wine
- 4 cups tomato sauce
- 2 cups water
- 1 pint cherry tomatoes
- a few basil leaves
- 1 stick of butter
- 1/3 cup flour
- 3 cups milk
- pinch of nutmeg
- 4 cups shredded mozzarella
- 2 cups grated parmesan cheese

Instructions

1. Start by making the meat sauce in a stock pot saute the onion and garlic until soft and fragrant. Add the ground beef and cook until brown. salt and pepper to tastes
2. Deglaze the pan with the red wine waiting until it evaporates before adding the tomato sauce, cherry tomatoes and water. Add the basil leaves. Simmer covered for 2 hours.
3. For the bechamel sauce melt the butter in a medium size saucepan over medium heat add the flour stirring continuously cook for one minute. Then slowly add the milk stirring continuously add the nutmeg salt and pepper to taste. Cook until sauce thickens, about 15 minutes.
4. Toss the el dente cooked penne pasta in the bechamel sauce then add 1/2 of the meat sauce. Add in 1/2 of the

mozzarella and 1/2 the amount of grated parmesan.

5. Line a oven poof 9 X 12 lasagna pan first with some of the meat sauce add the pasta mixture. Top with the remaining meat sauce, mozzarella and grated parmesan.
 6. Bake covered in a preheated 375-degree oven for 45 minutes. remove the cover and bake 15 minutes longer, or until the cheese is melted and beginning to brown. Let cool slightly before serving. ENJOY!!!
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Spicy Pasta Alla Norcina

Spicy pasta alla norcina

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook. The sauce starts out by sautéing the onion and garlic then browning the sausage then adding the wine, cream, pasta water. and a pinch of nutmeg and simmering until thick about 10 minutes. then once off the fire the pecorino is added. The results are a creamy luscious velvety sauce everyone loves.

Things to know About this spicy pasta all norcina recipe

The first thing to know about this pasta recipe is that it uses just a few ingredients and is easy to make. Prefect for a quick week night family meal. But it's also fancy enough for

Saturday dinner with friends.

Second some variations of this Pasta norcina uses mushrooms. If you are going to add mushrooms slice cremini can be added when the sausage is beginning to brown. About the sausage I am using spicy Italian sausage and adding fennel seeds. It is hard to find the traditional sausage used in this dish, which had fennel. Also I like to use spicy Italian sausage. If you are not a fan of heat you can use mild. Or if you like extra spice add 1 to 2 Tbsp. of hot chili flakes along with the sausage. If you like easy pasta dishes that come together quick and use few ingredients try my creamy vegetarian broccoli pasta shells or my zucchini ricotta penne pasta

Ingredients

- 1/2 Lb. rigatoni
- 1 Lb. bulk Italian spicy sausage
- 4 Tbsp.. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1 cup white wine
- 1 cup heavy cream
- 2 cups pasta water
- pinch of nutmeg
- 1 cup grated pecorino Romano
- Salt and pepper to taste

Instructions

1. In a large pot of boiling salted water cook your pasta el dente while making the sauce. saving 2 cups of the water before draining
2. In a large 12 inch saute pan over medium high heat in the Olive oil saute the onion and garlic until soft and translucent.
3. Add the sausage and brown breaking it up while cooking

4. Turn the heat up and deglaze the pan with the white wine. Wait until it evaporates. Then add the cream and pasta water. Lower the heat and simmer until sauce thickens, about 10 minutes
5. Remove the saute pan from the heat. Then stir in the pecorino cheese. Toss the al dente cooked pasta in the sauce, Top with more grated cheese and chopped Italian parsley. ENJOY!!!!

Title with Recipe Name in it

Text introducing the recipe and what it's all about

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Here's a subheading about your recipe

Talk more about your recipe here. Make sure you're not repeating anything you said in the first section.

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Ingredients

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- Or tsp.
- And so forth

Instructions

1. First step
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Genovese Meat pasta sauce

Genovese meat pasta sauce

Genovese meat pasta sauce is a rich, slow cooked Italian sauce from Naples, traditionally made with onions and meat, usually beef. The long cooking time allows the onions to break down and melt with the meat, creating a deeply savory sauce.

Despite it's name, it's not from Genoa but gets it's name from the Genovese people who were in Naples during the Renaissance. The sauce is deeply flavorful and pairs well with short pasta.

Tips and tricks for success when making Genovese meat pasta sauce

In this meat sauce recipe I am using boneless short ribs you can use chuck or stew meat or a combination of meats. Be sure to brown the meat well to get a nice brown crust which adds flavor. Use a dutch oven and avoid crowding the pan.

After browning the meat use red wine, white wine or broth to deglaze the pan and scrape up all the flavorful bits stuck to the bottom.

Let the sauce simmer for several hours. This helps the flavors meld and deepens the flavors. Add fresh Italian parsley at the end for a burst of freshness and grated cheese for added richness. These tips will produce a rich, and deeply flavored meat sauce. Bonus, this sauce is freezer friendly. You can make it ahead of time and freeze it. Or do like I do and make

a double batch. One to use right away and one to freeze for a ready made meal.

Ingredients

- 1 Lb. fusilli
- 2 Lbs. boneless short ribs
- 1/3 cup olive oil
- 1 cup chopped pancetta
- 1 cup each chopped celery and carrots
- 3 Lbs. thinly sliced onions
- 1 cup red wine
- 3 cups beef stock
- 1 cup pasta water
- 1 cup chopped Italian parsley
- 1 cup grated pecorino Romano

Instructions

1. Start by salt and peppering the meat and cutting into large equal size pieces
2. In a heavy stock pot in the oil saute saute the pancetta until crisp. Add the celery and carrots and saute until soft.
3. Add the meat and cook until golden brown on all sides. Deglaze the pan with the red wine waiting until it evaporates before adding the onions. Then add all the onions and the beef broth. cover and simmer for 3 hours or until the meat is fork tender and onions desegrated. Cook your pasta el dente. Add one cup of pasta water to the sauce
4. Toss the pasta in the Genovese sauce add the grated cheese and parsley. ENJOY!!!!

Easy Sicilian Pasta alla Norma

Easy Sicilian Pasta alla Norma

Pasta alla Norma also called pasta con le melanzane pasta with eggplant in English is a classic Sicilian pasta dish. It is an easy recipe that uses few ingredients and comes together in less than an hour.

It is made of pasta with tomato sauce fried eggplant and served with grated ricotta salata da grated cheese and basil.

This traditional Italian pasta is a satisfying vegetarian dinner, and it can be ready in under an hour.

Things to know about this Easy Sicilian pasta alla Norma recipe

The first thing is to choose dense, heavy eggplants and slowly frying them until caramelized results in a tender, meaty eggplant texture.

Second if aged ricotta salata is unavailable, a combination of different cheeses can replicate it's salty, sharp taste. You could use Pecorino Romano or feta.

If you make this recipe, be sure to leave me a comment. Above all, I love to hear how the recipe turns out in your kitchen.

Ingredients

- 1/2 Lb. rigatoni
- 1 medium eggplant
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups crushed tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 1/2 cup grated ricotta salada or parmesan
- a few basil leaves
- 3 cups olive oil canola blend for frying

Instructions

1. Start by washing and drying the eggplant cut into medium size
2. Bring the frying oil to medium high heat. fry the eggplant until golden brown. remove and drain on paper towels.
3. Meanwhile cook the pasta el dente and start on the sauce
4. In a saute pan add the 4 Tbsp. of olive oil. Then over medium high heat add the onion and garlic and saute until soft and just beginning to brown.
5. Add the tomatoes, pasta water and red wine. simmer until sauce thickens about 20 minutes. Add the fried eggplant and simmer 10 minutes longer. Toss the pasta in the eggplant sauce add the basil.
6. Plate grate the cheese over the top. ENJOY!!!!