

Creamy Italian Sausage and Broccoli Pasta

Creamy Italian sausage and broccoli pasta

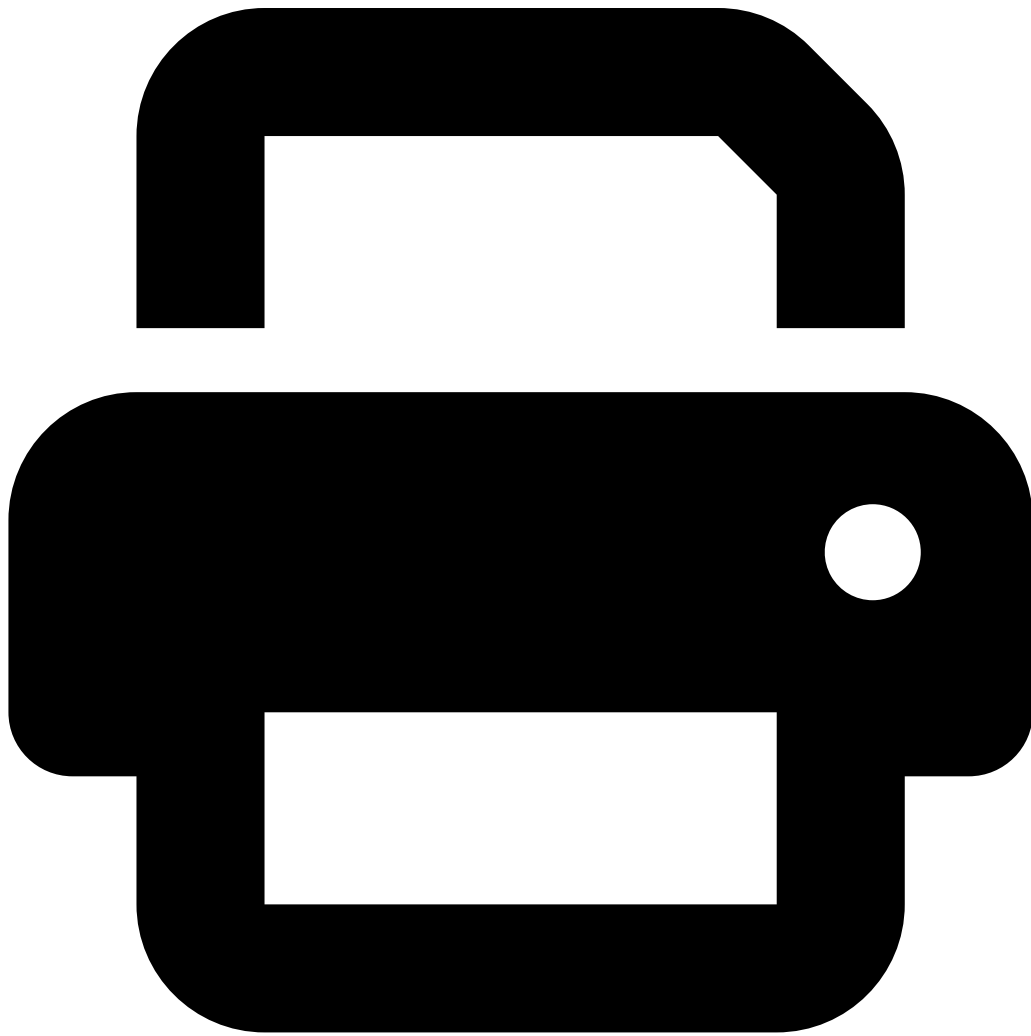
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











This Creamy Pasta with Broccoli and Sausage is a simple Italian-inspired dish that's full of flavor and comes together in about 30 minutes. Tender broccoli is blended into a smooth, vibrant green sauce that coats the pasta beautifully, while spicy Italian sausage adds savory richness and a touch of heat.

It's creamy without being heavy, and the broccoli gives the sauce a fresh, flavorful twist. It's an easy weeknight pasta the whole family can enjoy—and a delicious way to add more vegetables to the table.

Things to know about this creamy Italian sausage and broccoli pasta

recipe

- **It's all about the broccoli**

Instead of tossing in florets, the broccoli is simmered until soft and blended into a creamy sauce. This method gives the dish its signature velvety texture and vibrant color—no cream needed!

- **Spicy sausage brings bold flavor**

Italian sausage adds richness and heat, which balances beautifully with the earthy broccoli. Feel free to use mild sausage if you prefer a less spicy version.

- **Pasta shape matters**

Short shapes like orecchiette, rigatoni, or fusilli work best—they catch the creamy sauce and bits of sausage in every bite.

Delicious Variations to Try

- **Swap the broccoli:** Try this recipe with broccolini or even spinach for a twist. You can also mix in peas or zucchini for added green.
- **Make it vegetarian:** Skip the sausage and add sautéed mushrooms or chickpeas for a hearty, plant-based version.
- **Add cheese:** Stir in a spoonful of ricotta or mascarpone to the broccoli purée for extra creaminess, or sprinkle grated Pecorino Romano right before serving.
- **Go gluten-free:** Use your favorite gluten-free pasta to make this dish completely gluten-free without losing any flavor.

- **Crispy topping option:** Toast some breadcrumbs in olive oil with garlic and sprinkle over the top for added texture and a rustic touch.

This **Creamy Italian Sausage and Broccoli Pasta** is one of those recipes that proves simple ingredients can create something truly special. It's hearty, wholesome, and packed with bold flavor—perfect for family dinners, meal prep, or impressing guests with minimal effort. Whether you stick with the classic version or try one of the tasty variations, this dish is sure to become a go-to favorite in your pasta rotation. Don't forget to top it with plenty of grated cheese and a drizzle of good olive oil before serving. ENJOY!!! If you like broccoli try my Italian broccoli beef pasta or roasted parmesan broccoli side dish.

Creamy Italian sausage and broccoli pasta



creamy Italian sausage pasta, Italian sausage and broccoli pasta, broccoli pasta, creamy broccoli pasta, Italian sausage pasta, easy pasta recipe, creamy pasta recipe, weeknight pasta, Italian-inspired pasta

- 12 oz short pasta (orecchiette, fusilli, or rigatoni)

work beautifully)

- 1 large head of broccoli (chopped into florets)
- 3/4 to 1 lb spicy Italian sausage (casings removed)
- 3 tbsp extra virgin olive oil
- 1 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 tsp red pepper flakes (adjust to taste)
- Salt and black pepper (to taste)
- 1– 2 cups pasta water (reserved)
- 1 /2 cup grated parmesan (plus more for serving)

1. **Cook broccoli:** Bring a large pot of salted water to a boil. Add the broccoli florets and cook until very tender, about 7–8 minutes. Use a slotted spoon to transfer the cooked broccoli to a blender or food processor (keep the water boiling for the pasta).
2. **Make broccoli purée:** Add 2 tablespoons of olive oil, a pinch of salt, and a splash of pasta water to the broccoli. Blend until smooth and creamy. Set aside.
3. **Cook pasta:** Add pasta to the same boiling water used for broccoli. Cook until al dente. Reserve about 2 cups of pasta water, then drain.
4. **Cook sausage** While the pasta cooks, heat 2 tablespoon of olive oil in a large skillet over medium heat. Add sausage and cook, breaking it up with a wooden spoon, until browned and cooked through (5–6 minutes). Add the onion, garlic and red pepper flakes, cook until soft and fragrant (4-5 minutes)
5. **Combine and finish:** Lower heat. Add the broccoli purée to the skillet with the sausage and stir to coat. Add the drained pasta and 1 cup of pasta water, stirring until everything is coated in the creamy sauce. Taste and adjust seasoning with salt, pepper, and more pasta water if the sauce is too dry. Stir in the parmesan cheese

6. **Serve:** Plate and top with extra parmesan and a drizzle of olive oil. Serve hot.
7. Always reserve more pasta water than the recipe calls for

You can also sauté a few anchovy fillets with the garlic for deeper umami flavor—traditional in some southern Italian versions.

For extra creaminess, blend a spoonful of ricotta or mascarpone into the broccoli purée

Main Course

Italian

creamy Italian sausage pasta, Italian sausage and broccoli pasta