

# 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!!!!