

# Pasta with Italian Sausage

A traditional Italian meal will grace your table tonight. You'll be plating penne pasta with Marinara Sauce, mushrooms and chopped Italian sausage. Use a link of your favorite plant-based or optional meat sausage in this dish.

**Preparation time: 35 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add. Cooking's more fun when everything you need is ready to go. You'll need 1-2/3 C. red wine for cooking the Marinara Sauce.

### Marinara Sauce

1 tsp. olive oil  
4 cloves garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes  
one 15 oz. can regular tomato sauce  
another 1/2 C. red wine

2 T. dry basil leaves  
1 T. dry oregano leaves  
a few dashes Tabasco sauce

1 tsp. olive oil  
1/2 of the chopped garlic (from above)  
another 2/3 C. red wine

### Sausage, Mushrooms and Pasta

#### Plant-based Sausage:

1 Field Roast Italian Sausage (or equivalent)  
- or -  
1 Italian meat sausage of choice

#### Browned Mushrooms:

1 tsp. olive oil  
8 oz. cremini mushrooms (sliced)

#### Pasta:

2 C. dry penne or spiral pasta

#### Garnish:

4 T. shredded Parmesan

### Salad and Dressing

#### Fixings for a green salad

#### Il Simplicio Dressing:

3 T. extra-virgin olive oil  
1/2 tsp. prepared mustard  
2 T. rice wine or white vinegar  
3 T. low-sodium vegetable broth  
pinch of salt

*But First!  
Put Pasta Water  
on to Boil*

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

First make Marinara Sauce. Next brown the sausage. While Marinara sauce and sausage cook, make salads and dressing. You'll want to be ready to dine as soon as the pasta is assembled.

### Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans of tomato sauce (rinse cans with another 1/2 C. red wine and add to sauce.)
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining half of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat. Add this additional garlic/wine reduction to the large pan. Stir well and remove from burner. \*

(This is where you can begin making salads and dressings)

### Salad and Dressing

Assemble green salads on individual salad plates.

#### Il Simplicio Dressing:

Simply shake dressing ingredients together in a container with a tight fitting lid.

#### Sausage:

### Sausage, Mushrooms and Pasta

Brown 1 sausage link (meat or plant-based) in olive oil until thoroughly cooked. Remove from heat and allow to cool. Chop into 1/2" pieces before adding to the sauce.

#### Browned Mushrooms:

Toss mushrooms in hot oil until well browned. Season with a salt and pepper. Remove from heat.

#### Pasta:

Drop dry pasta into boiling water and cook 8-minutes. (Set a timer so you don't forget.) When pasta is cooked to desired tenderness, reserve 1/2 C. of the starchy cooking water and add it to your finished Marinara Sauce, then drain and rinse pasta.

Measure 1-1/2 C. Marinara Sauce into pan with browned mushrooms. Add browned and chopped Italian Sausage and bring to a boil. Toss with cooked pasta, divide between two pasta bowls and serve immediately. Garnish with Parmesan. Serve salads on the side.

### What I've Learned from this Recipe

\* I learned the Marinara Sauce finishing technique from a chef at one of my favorite Italian restaurants. Finish the Marinara Sauce with a garlic/wine reduction. It adds a lovely extra garlic hit to the sauce.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)