



QUICK SAUSAGE BOLOGNESE

over Spaghetti

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE



HELLO

SAUSAGE BOLOGNESE

Hearty meat sauce
made in a jiff

INGREDIENTS:

- Yellow Onion
- Carrot
- Garlic
- Button Mushrooms
- Italian Sausage
- Spaghetti (Contains: Wheat)
- Crushed Tomatoes
- Chicken Stock Concentrate
- Spinach
- Parsley
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- 1 Clove
- 2 oz
- 9 oz
- 6 oz
- 1 box
- ½
- 5 oz
- ¼ oz
- ¼ Cup

FOR 4 PEOPLE:

- 1
- 2
- 2 Cloves
- 4 oz
- 18 oz
- 12 oz
- 2 boxes
- 1
- 10 oz
- ¼ oz
- ½ Cup

NUTRITION PER SERVING

891 cal | Fat: 28 g | Sat. Fat: 10 g | Protein: 42 g | Carbs: 103 g | Sugar: 19 g | Sodium: 1368 mg | Fiber: 11 g

START STRONG

Save a little of the pasta water to use in step 5. Adding it into the sauce will not only help you achieve the perfect consistency, but also create an extra-silky mouthfeel thanks to its starches.



BUST OUT

- Large pot
- Large pan
- Strainer
- Peeler
- Olive oil (2 tsp | 4 tsp)

1 PREP

Wash and dry all produce.

Bring a large pot of salted **water** to a boil. Halve, peel and dice **onion**. Peel and finely dice **carrot**. Mince or grate **garlic**. Roughly chop **mushrooms**. Slice **Italian sausage** into thick coins.

2 COOK VEGGIES AND SAUSAGE

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **onion, carrot, and garlic** to pan and cook until softened, about 5 minutes. Toss in **mushrooms** and **sausage** and cook until **mushrooms** have softened and **sausage** is lightly browned, about 5 minutes. Season with **salt** and **pepper**.

3 COOK PASTA

While veggies cook, add **spaghetti** to boiling water and cook until al dente, 9-11 minutes. Drain, reserving ½ cup of cooking water.



4 MAKE BOLOGNESE

Stir **crushed tomatoes**, ½ **cup pasta cooking water**, and **stock concentrate** into pan. Simmer until slightly thickened, 4-5 minutes. Season with **salt** and **pepper**.

5 WILT SPINACH

Stir **spinach** into pan with **Bolognese** and let wilt. (**TIP:** If Bolognese is not saucy or seems stiff, add an extra splash of water.) Taste and season with **salt** and **pepper**.

6 PLATE AND SERVE

Roughly chop **parsley**. Divide **spaghetti** between plates and top with **Bolognese**. Sprinkle with **Parmesan** and **parsley**.

MANGIA!

Such perfect pasta! Your nonna would be proud.