



MAY  
2016

## Quick Sausage Bolognese

with Spinach, Spaghetti, and Parmesan

Everyone loves a homemade Bolognese, but not everyone has three hours to spend in the kitchen. That's why we developed this flavor-packed shortcut! Italian sausage, beef stock, and mushrooms give the sauce an umami boost in no time at all.



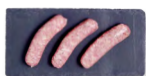
**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



Italian Sausage



Yellow Onion



Carrots



Garlic



Button  
Mushrooms



Crushed  
Tomatoes



Beef Stock  
Concentrate



Parmesan  
Cheese



Spaghetti



Spinach



Basil

## Ingredients

		4 People
Italian Sausage		18 oz
Yellow Onion		1
Carrots		2
Garlic Cloves		2
Button Mushrooms		4 oz
Crushed Tomatoes		2 Boxes
Beef Stock Concentrate		1
Parmesan Cheese	1)	½ Cup
Spaghetti	2)	12 oz
Spinach		10 oz
Basil		½ oz
Olive Oil *		2 t

\*Not Included

## Allergens

- 1) Milk
- 2) Wheat

## Tools

Large pot, Peeler, Large pan, Strainer

Ruler

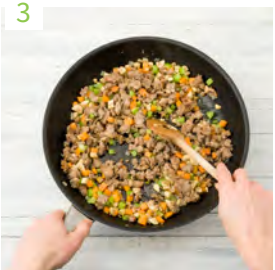
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**Nutrition per person** Calories: 837 cal | Fat: 34 g | Sat. Fat: 12 g | Protein: 42 g | Carbs: 97 g | Sugar: 20 g | Sodium: 1360 mg | Fiber: 9 g



1

**1 Prep the veggies: Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Halve, peel and dice the **onion**. Peel and finely dice the **carrots**. Mince or grate the **garlic**. Roughly chop the **mushrooms**.



2

**2 Cook the veggies:** Heat a large drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and **carrots** to the pan and cook, tossing for about 5 minutes, until softened. Add the **mushrooms** to the pan and cook for another 5 minutes, until softened. Add the **garlic** and cook for an additional 30 seconds, until fragrant. Season with **salt** and **pepper**.



3

**3 Cook the sausage and the spaghetti:** Meanwhile, remove the **sausage** from the casings. Once the **veggies** are softened, add the **spaghetti** to the boiling water and cook for 9-10 minutes, until al dente. Drain. Add the **sausage** to the pan and cook, breaking up the meat into pieces, until browned.



4

**4 Simmer the Bolognese:** Add the **crushed tomatoes** and **stock concentrate** to the pan and simmer for 4-5 minutes, until thickened. Season to taste with **salt** and **pepper**. **TIP:** If the sauce becomes too thick, add a bit of water.

**5 Add the spinach:** Stir the **spinach** into the **Bolognese** to wilt. Season to taste with **salt** and **pepper**.

**6 Plate and serve:** Serve the **quick sausage Bolognese** on a bed of **spaghetti**. Tear the **basil leaves** over top and sprinkle with **parmesan cheese**. Enjoy!

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