



# QUICK SAUSAGE BOLOGNESE

over Spaghetti

PREP: **15** MIN  
TOTAL: **35** MIN

LEVEL **1**

NUT FREE



## HELLO

### SAUSAGE BOLOGNESE

Hearty meat sauce  
made in a jiff

#### INGREDIENTS:

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

#### 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.



### 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 4 tsp **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 1 cup of cooking water.



### 4 MAKE BOLOGNESE

Stir **crushed tomatoes, 1 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.

