

Sweet Sausage Bolognese from Urban Sacred Garden



This slightly sweet version of Bolognese (a traditional Italian meat sauce normally made with beef) has been transformed into a pork lover's delight. I was lucky enough to source some fresh Sweet Italian Sausage and homemade pasta from the Farmer's Market down the street from my house - YUM! Serve with garlic bread and a tasty salad for a well-rounded Italian meal. Yield: About 4-5 Servings

INGREDIENTS

- 1 lb Sweet Italian Sausage
- 1 Jar Barilla Tuscan Herb Sauce*
- 3 Medium Scallions, Finely Diced
- 2 Cloves Garlic, Finely Diced
- 1 Medium Carrot, Diced
- 1/2 Yellow Pepper, Diced
- 4 Tbsp Olive Oil
- 3 Tbsp Worcestershire
- 1/4 Cup Crisp White Wine
- 2 Tbsp Rosemary
- 3 Tbsp Oregano
- Fresh Ground Sea Salt
- Fresh Ground Pepper
- 3/4 lb Pasta of choice
- Fresh Shredded Parmesan

*In the interest of full disclosure I was recently sent a sample of this sauce by Barilla to test out in a recipe. I was very pleased with the taste, texture and end result of the sauce. If you don't have time to make Fresh Tomato Sauce, I highly recommend it. You can of course always use your personal favorite.

DIRECTIONS

1. In a large non-stick skillet over medium low heat sauté Scallions, Garlic, Carrots and Pepper in Olive Oil and Sea Salt until Scallions become translucent. Add Sausage, Worcestershire, White Wine, Rosemary and Oregano. Break-up sausage with a wooden spoon as it cooks.
2. After sausage is cooked through and broken into pieces add Barilla sauce to pan. Let simmer over low heat in covered pan for 45 minutes. Stir occasionally. Add Sea Salt and Pepper as needed for balancing of flavor.
3. When sauce is almost finished bring a large pan of lightly salted water to a boil. Add pasta to boiling water and cook for 6-10 minutes or as needed for al dente pasta (fresh pasta only takes about 2-3 minutes). Drain pasta in a colander reserving a few tablespoons of pasta water to add into sauce. Stir reserved water into sauce and allow to cook for a few more minutes.
4. Serve hot pasta in bowls, covered liberally with Sweet Sausage Bolognese. Garnish with fresh shaved Parmesan. Enjoy!