

# Italian Sausage Ragu with Pappardelle

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## **INGREDIENTS**

- 1 lb fresh Italian pork sausage (casings removed if needed)
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 1 shallot, finely diced
- 2 garlic cloves, finely minced or grated
- 1 tablespoon tomato paste
- 15 oz can whole peeled plum tomatoes (San Marzano recommended)
- ⅓ cup water
- 1 teaspoon sugar or honey
- ¼ teaspoon ground nutmeg
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ¼ cup fresh parsley, chopped
- 10 oz dried pappardelle pasta
- Freshly grated Parmesan, for serving

## **DIRECTIONS**

1. Heat olive oil in a large skillet over medium-high heat. Add the sausage and Italian seasoning. Cook for 7-10 minutes, breaking it apart with a wooden spoon, until browned and slightly crispy.
2. While the sausage is cooking, finely dice your shallot and bring a pot of water to a boil for the pasta.
3. Add the shallot to the skillet and cook for 3-4 minutes, until softened. Stir in the garlic and tomato paste; cook for another minute until fragrant.
4. Pour in the plum tomatoes and use a wooden spoon to gently break them up in the skillet.
5. Add the water, sugar (or honey), nutmeg, salt, and pepper. Reduce heat to medium and simmer for 10-15 minutes, stirring occasionally, until the sauce thickens and looks rich.
6. Meanwhile, cook the pappardelle according to package instructions (usually about 9 minutes). Drain and set aside.
7. Stir fresh parsley into the sauce and taste for seasoning, adding more salt if needed.
8. Toss the cooked pappardelle into the ragu, coating the noodles fully in the sauce.
9. Serve hot, topped with freshly grated Parmesan.