

# Parmesan Polenta with Italian Sausage Ragu

Yield: 4 min  
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-italian-sausage-ragu-recipe>

## Ingredients:

- 1 pound hot Italian sausages
- 3 tablespoons olive oil
- 6 cloves garlic minced
- 28 ounces San Marzano tomatoes crushed, See Note 1
- 2 tablespoons tomato paste
- 1/2 cup dry red wine optional
- 1/2 teaspoon sugar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 6 basil leaves roughly chopped
- 4 cups water
- 1 tablespoon olive oil
- 1 cup polenta
- 1 cup heavy cream
- 1 cup romano cheese grated
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh Italian parsley chopped
- Parmesan cheese

## Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 220 milligrams
4. Fat: 86 grams
5. Fiber: 3 grams

6. Protein: 32 grams
  7. SaturatedFat: 37 grams
  8. Sodium: 2930 milligrams
  9. Sugar: 8 grams
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