

Italian Braised Pork Shoulder Ragu

Yield: 8 min
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-braised-pork-shoulder-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 pounds pork shoulder trimmed of fat and cut into a few large chunks
- salt
- pepper
- 1 onion large, finely chopped
- 1 carrot finely chopped
- 4 cloves garlic minced
- 1 cup red wine
- 28 ounces crushed tomatoes
- 28 ounces tomatoes whole, pureed
- 2 bay leaves
- 1 teaspoon dried thyme or 1 tbsp fresh
- 1 teaspoon dried oregano or 1 tbsp fresh
- 1/2 pound sweet italian pork sausage
- 2 pounds fresh pasta or dried, preferably thick noodles like fettucini
- shredded Parmesan cheese for topping

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 135 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 6 grams
8. Sodium: 540 milligrams
9. Sugar: 4 grams

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