

Italian Sausage Ragu Over Polenta

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 1 tablespoon extra virgin olive oil
- 12 ounces Italian sausage
- 2 cups yellow onion finely chopped, about two medium onions
- 1 1/2 cups carrot finely chopped, about three medium carrots
- 3 garlic cloves minced
- 2 tablespoons tomato paste
- 3 1/2 cups water divided
- 15 ounces tomato sauce
- kosher salt
- cracked black pepper
- 1 cup polenta
- 1/4 cup Parmesan cheese fresh grated + extra for serving, optional
- 1/4 cup Italian parsley fresh, chopped, optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 70 milligrams
4. Fat: 36 grams
5. Fiber: 7 grams
6. Protein: 19 grams
7. SaturatedFat: 12 grams
8. Sodium: 1560 milligrams
9. Sugar: 16 grams

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