

DINNER

Mom's Irish Ziti

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	8	\$2.20	506 kcal



Mom's Irish Ziti is an European main course. This recipe makes 8 servings with 506 calories, 29g of protein, and 32g of fat each. For \$2.2 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. st. patrick day will be even more special with this recipe.

Ingredients

- ☐ ½ pound bulk sweet Italian sausage
- ☐ 1 clove garlic, chopped
- ☐ 2 teaspoons Italian seasoning
- ☐ ½ cup grated Parmigiano-Reggiano cheese
- ☐ 3 cups rigatoni
- ☐ 1 pinch crushed red pepper, or to taste
- ☐ ½ pound ground lamb
- ☐ ½ pound mozzarella cheese, sliced
- ☐ ½ pound provolone cheese, sliced
- ☐ 4½ cups tomato sauce

EQUIPMENT Frying pan, Oven, Pot, Baking pan, Wooden spoon, Colander

Method

- 1 Preheat an oven to 350 degrees F (175 degrees C). Prepare a 1 1/2-quart baking dish with cooking spray.
- 2 Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rigatoni and return to a boil. Stirring occasionally, boil until the pasta cooked is still firm to the bite, about 13 minutes.
- 3 Drain well in a colander set in the sink; pour into the prepared baking dish.
- 4 Place a skillet over medium heat; crumble the sausage and lamb into the hot skillet. Breaking the meat into small pieces with a wooden spoon, cook and stir the mixture until completely browned, 7 to 10 minutes. Stir in the garlic and cook another 2 to 3 minutes.
- 5 Drain the fat from the skillet.
- 6 Pour about half of the tomato sauce over the pasta, then layer with the provolone slices and the meat mixture. Season with the Italian seasoning and crushed red pepper; top with the mozzarella cheese and the remaining tomato sauce.
- 7 Sprinkle the Parmigiano-Reggiano cheese over the top of the dish.
- 8 Bake in the preheated oven until hot and bubbly, 25 to 35 minutes.

Nutrition per serving

506	29 g	32 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.8 g · 99% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			6 g · 7% of daily needs
Sodium			1,363 mg · 59% of daily needs
Cholesterol			88.5 mg · 29% of daily needs
Vitamin C			10.3 mg · 13% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/moms-irish-ziti-148488