



Pasta with Veal, Sausage and Porcini Ragù

READY IN



45 min.

SERVINGS



8

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bay leaves
- 28 ounce frangelico whole canned
- 1 small carrots peeled finely chopped
- 1 ounce the following: parmesan rind) dried
- 0.5 cup wine dry red
- 1 teaspoon fennel seeds crushed
- 1 pound fettuccine barilla fresh
- 2 teaspoons sage fresh chopped
- 2 garlic clove finely chopped

- 8 ounces ground sausage sweet italian
- 28 ounce chicken broth canned
- 0.3 cup olive oil extra virgin extra-virgin
- 1 small onion finely chopped
- 8 servings parmesan cheese freshly grated
- 0.3 cup parsley fresh italian finely chopped
- 8 ounces stew meat coarsely chopped
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- pot
- sieve

Directions

- Bring 1 cup water and mushrooms to boil in small saucepan.
- Remove from heat.
- Let stand 15 minutes. Strain soaking liquid through paper-towel-lined sieve into bowl. Coarsely chop mushrooms. Set liquid and mushrooms aside.
- Heat oil in heavy large skillet over medium-high heat.
- Add onion, carrot, 1/4 cup parsley and garlic. Sauté until vegetables are tender but not brown, about 5 minutes. Push vegetables to side of skillet.
- Add sausage and cook until brown, breaking up with back of fork, about 4 minutes.
- Add veal and sauté until brown, about 5 minutes.
- Add wine. Increase heat to high and boil until wine is almost evaporated, about 5 minutes.
- Add 1 cup chicken broth; boil 10 minutes, stirring occasionally.
- Add reserved mushroom liquid. Simmer until liquid is almost absorbed, about 5 minutes.

- Transfer mixture to processor. Using about 4 on/off turns, process just until coarsely chopped. Return mixture to skillet.
- Mix in tomatoes with juices, bay leaves, sage, fennel seeds and porcini mushrooms. Reduce heat to low. Simmer uncovered until sauce thickens, breaking up tomatoes with fork, adding remaining chicken broth 1/2 cup at a time and stirring occasionally, about 1 hour. Season with salt and pepper. (Ragù can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled.)
- Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain.
- Add sauce to pasta pot and rewarm over medium heat.
- Add pasta and toss to combine.
- Transfer to bowl.
- Sprinkle with cheese and remaining 2 tablespoons parsley.
- *Dried porcini mushrooms are available at Italian markets, specialty foods stores and many supermarkets.

Nutrition Facts



■ PROTEIN **20.62%**
■ FAT **44.51%**
■ CARBS **34.87%**

Properties

Glycemic Index:25.98, Glycemic Load:17.48, Inflammation Score:-9, Nutrition Score:27.410434660704%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg,
 Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg
 Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg,
 Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg
 Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg,
 Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg,
 Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:
 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.89mg, Quercetin: 1.89mg,
 Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 589.81kcal (29.49%), Fat: 28.69g (44.14%), Saturated Fat: 10.14g (63.36%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 47.76g (17.37%), Sugar: 1.98g (2.21%), Cholesterol: 112.85mg (37.62%), Sodium: 797.95mg (34.69%), Alcohol: 1.58g (100%), Alcohol %: 0.48% (100%), Protein: 29.9g (59.8%), Selenium: 71.86µg (102.65%), Copper: 2mg (99.95%), Phosphorus: 476.63mg (47.66%), Vitamin K: 36.82µg (35.07%), Manganese: 0.68mg (33.81%), Calcium: 315.34mg (31.53%), Zinc: 4.53mg (30.17%), Vitamin B3: 6.03mg (30.14%), Vitamin A: 1498.85IU (29.98%), Vitamin B6: 0.49mg (24.64%), Vitamin B12: 1.45µg (24.18%), Vitamin B1: 0.32mg (21.08%), Vitamin B2: 0.33mg (19.56%), Vitamin B5: 1.7mg (16.98%), Magnesium: 64.72mg (16.18%), Potassium: 554.37mg (15.84%), Iron: 2.72mg (15.09%), Fiber: 2.82g (11.29%), Vitamin E: 1.48mg (9.85%), Folate: 35.74µg (8.93%), Vitamin C: 4.5mg (5.45%), Vitamin D: 0.46µg (3.06%)