



## Rigatoni with Spicy Calabrese-Style Pork Ragù

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



864 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 28 ounce canned tomatoes whole peeled canned
- 1 carrots peeled cut into 1" pieces
- 1 celery stalks cut into 1" pieces
- 0.5 cup flat parsley divided coarsely chopped
- 4 garlic clove
- 1 pound ground pork
- 1 pound sausage italian
- 6 servings pepper freshly ground

- 0.3 cup olive oil
- 1 medium onion quartered
- 2 teaspoons oregano fresh
- 1 pound penne pasta
- 0.3 teaspoons pepper red crushed
- 1 tablespoon tomato paste

## Equipment

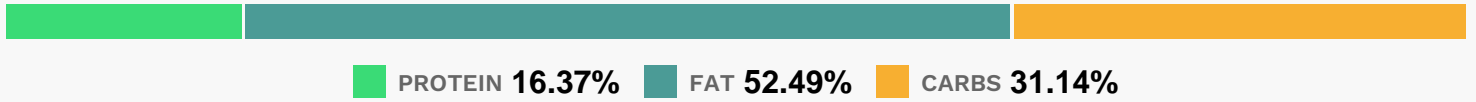
- food processor
- bowl
- pot
- slotted spoon

## Directions

- Pulse onion, carrot, celery, garlic, oregano, red pepper flakes, and 1/4 cup parsley in a food processor until finely chopped; transfer to a small bowl and set aside. Purée tomatoes with juices in processor; set aside.
- Heat oil in a large heavy pot over medium heat; add sausage and cook, breaking up with a spoon, until browned, about 4 minutes.
- Add ground pork, season with salt and pepper, and cook, breaking up with a spoon, until no longer pink. Using a slotted spoon, transfer to a plate.
- Increase heat to medium-high.
- Add reserved vegetable mixture to drippings in pot, season with salt, and cook, stirring often, until golden, 8-10 minutes.
- Stir tomato paste and 1 cup water in a small bowl; add to pot. Cook, scraping up any browned bits from bottom of pot. Bring to a boil, reduce heat, and simmer until liquid has almost evaporated, 6-8 minutes.
- Add reserved meat and tomato purée and 1 cup water. Bring to a boil. Reduce heat; simmer, adding more water as needed to keep meat nearly submerged, until meat is tender, about 4 hours. Season with salt. DO AHEAD: Ragù can be made 3 days ahead.
- Let cool. Cover and chill, or freeze for up to 2 months. Reheat before continuing.

- Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- Drain, reserving 2 cups pasta cooking liquid.
- Add pasta and 1/2 cup pasta cooking liquid to sauce; stir to coat. Stir in 3/4 cup Parmesan and remaining 1/4 cup parsley. Increase heat to medium and continue stirring, adding more pasta cooking liquid as needed, until sauce coats pasta. Divide among bowls; top with more Parmesan.

## Nutrition Facts



### Properties

Glycemic Index: 53.31, Glycemic Load: 23.97, Inflammation Score: -10, Nutrition Score: 33.52695668262%

### Flavonoids

Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

### Nutrients (% of daily need)

Calories: 863.73kcal (43.19%), Fat: 50.17g (77.18%), Saturated Fat: 15.98g (99.88%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 61.98g (22.54%), Sugar: 6.86g (7.62%), Cholesterol: 111.89mg (37.3%), Sodium: 822.91mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.39%), Selenium: 85.84µg (122.63%), Vitamin K: 97.68µg (93.02%), Vitamin B1: 1.14mg (75.8%), Manganese: 0.98mg (49.12%), Vitamin A: 2360.53IU (47.21%), Phosphorus: 426.27mg (42.63%), Vitamin B6: 0.85mg (42.56%), Vitamin B3: 8.29mg (41.45%), Zinc: 4.44mg (29.6%), Vitamin C: 24.2mg (29.33%), Potassium: 960.78mg (27.45%), Vitamin B2: 0.45mg (26.45%), Iron: 4.64mg (25.76%), Copper: 0.45mg (22.29%), Magnesium: 88.91mg (22.23%), Vitamin B12: 1.22µg (20.29%), Fiber: 5g (20.01%), Vitamin E: 2.66mg (17.73%), Vitamin B5: 1.47mg (14.68%), Folate: 49.27µg (12.32%), Calcium: 111.85mg (11.19%)