



WHATSheATE



Rigatoni with Spicy Calabrese-Style Pork Ragù

READY IN



45 min.

SERVINGS



6

CALORIES



913 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 stalk cut into 1" pieces
- ☐ 0.5 cup flat-leaf parsley divided coarsely chopped
- ☐ 4 garlic cloves
- ☐ 0.8 cup grana padano cheese finely grated plus more
- ☐ 1 pound ground pork
- ☐ 1 pound sausage italian
- ☐ 6 servings kosher salt freshly ground

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

Equipment

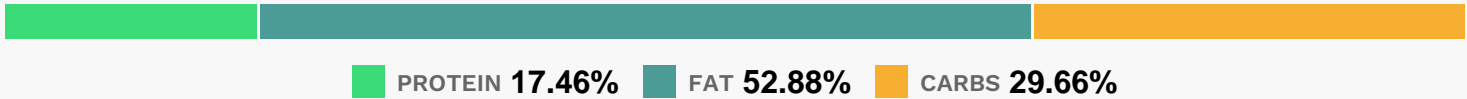
- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ slotted spoon

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 saltedwater, stirring occasionally, until al dente.
- ☐
- Drain, reserving 2 cups pasta cooking liquid.
- ☐
- Add pasta and 1/2 cup pasta cooking liquidto sauce; stir to coat. Stir in 3/4 cup Parmesanand remaining 1/4 cup parsley. Increase heatto medium and continue stirring, addingmore pasta cooking liquid as needed, untilsauce coats pasta. Divide among bowls;top with more Parmesan.

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:24.08, Inflammation Score:-10, Nutrition Score:35.174782583247%

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: 912.73kcal (45.64%), Fat: 53.4g (82.15%), Saturated Fat: 18.03g (112.7%), Carbohydrates: 67.39g (22.46%), Net Carbohydrates: 62.39g (22.69%), Sugar: 6.96g (7.73%), Cholesterol: 120.39mg (40.13%), Sodium: 1023.16mg (44.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.33%), Selenium: 88.66µg (126.65%), Vitamin K: 97.89µg (93.23%), Vitamin B1: 1.14mg (76.13%), Phosphorus: 513.02mg (51.3%), Manganese: 0.98mg (49.24%), Vitamin A: 2458.15IU (49.16%), Vitamin B6: 0.86mg (43.12%), Vitamin B3: 8.32mg (41.62%), Zinc: 4.78mg (31.89%), Vitamin C: 24.2mg (29.33%), Vitamin B2: 0.49mg (28.89%), Potassium: 972.28mg (27.78%), Iron: 4.74mg (26.33%), Calcium: 259.85mg (25.99%), Magnesium: 94.41mg (23.6%), Vitamin B12: 1.37µg (22.79%), Copper: 0.45mg (22.49%), Fiber: 5g (20.01%), Vitamin E: 2.69mg (17.91%), Vitamin B5: 1.53mg (15.25%), Folate: 50.15µg (12.54%)