



# Spicy Sausage Ragu Nachos With Pickled Onions

 Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



1188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup arugula packed
- 2 bay leaves
- 2 stalks celery diced
- 1 chipotle chile in adobo sauce chopped
- 1 large bag tortilla chips
- 1 small fennel bulb diced
- 0.5 cup fontina grated

- 3 cloves garlic smashed
- 2 dashes hot sauce (such as Tabasco)
- 6 servings kosher salt
- 4 ounces mascarpone cheese
- 3 tablespoons olive oil extra-virgin
- 2 onions diced
- 0.5 cup parmigiano-reggiano cheese grated
- 1 onion red sliced into thin rings
- 2 cups red wine hearty
- 0.8 cup red wine vinegar
- 2 pounds spicy sausage italian
- 1.5 tablespoons sugar
- 1 bunch thyme leaves with butcher's twine
- 2 cups tomato paste

## Equipment

- food processor
- bowl
- frying pan
- oven
- wooden spoon

## Directions

- Put the garlic, celery, onions and fennel in a food processor and puree to make a coarse paste. Coat a wide, deep pan with the olive oil and put over medium-high heat.
- Add the pureed veggies and season with salt; cook until all the liquid has evaporated and the veggies begin to stick to the pan—you want to brown the crap out of these guys until crud starts to form on the bottom of the pan. Stir occasionally to scrape up the browned bits, then let the crud form again. Be patient here and don't rush it: This is where the big flavor develops; it will take up to 30 minutes.

- When the lovely brown crud has formed and been scraped down a couple of times, stir in the tomato paste.
- Add the wine, stir to combine and scrape up any remaining browned bits. Cook until about half of the wine has evaporated, 4 to 5 minutes.
- Add the sausage and cook, breaking it up with a wooden spoon, until browned, 10 to 15 minutes. (This is where another round of big flavor is formed, so take your time.)
- Add enough water to cover the meat by about 1/2 inch. Stir to combine well, then add the bay leaves and thyme bundle. Taste, season with salt and taste again; it's by no means done, but it should taste good. Bring the sauce to a boil (BTB) and reduce to a simmer (RTS). Continue cooking for 3 hours, tasting, seasoning and adding more water as needed. Discard the bay leaves and thyme.
- Combine the vinegar, 1/2 cup cold water, the sugar, 1 tablespoon salt and the hot sauce in a bowl.
- Add the sliced onion and let sit, at least 1 hour.
- Drain.
- Assemble the nachos: Preheat the oven to 350 degrees F.
- Spread a layer of tortilla chips on an ovenproof platter. Top with a layer of the ragu and cover with the parmigiano and fontina cheeses.
- Bake until the cheeses melt, 5 to 10 minutes. Meanwhile, mix the chopped chipotle, adobo sauce and mascarpone in a bowl.
- Sprinkle the arugula over the nachos and finish with dollops of the chipotle mascarpone and the pickled onions. A gooey cheesy treat. Delish.
- Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:75.02, Glycemic Load:10.74, Inflammation Score:-10, Nutrition Score:36.880435021027%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg

Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 1188.49kcal (59.42%), Fat: 79.8g (122.77%), Saturated Fat: 28.39g (177.46%), Carbohydrates: 68.22g (22.74%), Net Carbohydrates: 59.04g (21.47%), Sugar: 19.06g (21.18%), Cholesterol: 152.24mg (50.75%), Sodium: 2431.92mg (105.74%), Alcohol: 8.48g (100%), Alcohol %: 1.9% (100%), Protein: 37.59g (75.17%), Selenium: 48.88µg (69.83%), Vitamin B1: 1.03mg (68.68%), Phosphorus: 563.92mg (56.39%), Vitamin K: 58.03µg (55.27%), Potassium: 1789.58mg (51.13%), Vitamin E: 6.93mg (46.2%), Vitamin B6: 0.92mg (45.78%), Vitamin B3: 8.64mg (43.21%), Vitamin C: 33.54mg (40.65%), Vitamin A: 1991.47IU (39.83%), Fiber: 9.17g (36.7%), Iron: 6.5mg (36.14%), Calcium: 355.76mg (35.58%), Manganese: 0.68mg (34.19%), Magnesium: 134.04mg (33.51%), Zinc: 4.94mg (32.95%), Vitamin B2: 0.54mg (31.89%), Copper: 0.57mg (28.51%), Vitamin B12: 1.66µg (27.68%), Vitamin B5: 1.84mg (18.35%), Folate: 60.26µg (15.06%)