



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Marinara Sauce with Sausage* Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 4 cloves of garlic, chopped
- 1 28 oz can whole tomatoes
- 1 teaspoon salt
- 2 teaspoon dried thyme
- 1 tablespoon dried oregano
- ½ lb of sweet or hot Italian sausage, casings removed*
- 8 ounces linguine (or any pasta you prefer)
- 1 cup ricotta cheese

Directions

1. In a sauce pan, heat the olive oil on high until shimmering. Add chopped onions and stir to coat with the oil. Cook, stirring frequently until onions become translucent and give up their juice.
2. Add garlic and continue to cook, stirring constantly until you can smell the garlic.
3. Add the tomatoes (and all the juice from the can), salt, thyme, and oregano to the pot and stir everything together. Reduce heat to medium low, and cook until the sauce thickens and the tomatoes fall apart – about 20 minutes. Stir occasionally to ensure the bottom is not burning, and crushing the tomatoes with the back of a wooden spoon.
4. Cook the pasta according to the package directions.
5. In a frying pan on high heat, cook the sausage (or whatever ground meat you choose) until no pink remains. Using a slotted spoon to let the fat drip off, add to the sauce.
6. Drain the pasta and place on plates. Spoon the sauce over the pasta and serve with ¼ cup ricotta cheese crumbled on top.

* or any other ground meat: beef, turkey, pork or veal – if using any meat other than sausage, add basil back into the sauce recipe.

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