

Quick Italian Sausage Pasta with Spinach and Mushrooms (No Cream, No Cheese!)

Italian Sausage Pasta with Spinach, Mushrooms, and Tomato Sauce (No Cream, No Cheese)



TIME
3 min

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INGREDIENTS

1 lb Italian sausage, casing removed
12 oz pasta (penne or rigatoni)
2 cups fresh spinach, chopped
1 cup mushrooms, sliced
1 can (14 oz) crushed tomatoes
1 small onion, chopped
2 cloves garlic, minced
1 tbsp olive oil

Salt and pepper to taste

Fresh basil for garnish (optional)

Swaps and Notes:

Sausage: Try turkey or chicken sausage for a lighter version.

Pasta: Any short pasta works. Penne, rigatoni, or even rotini.

Tomatoes: No crushed tomatoes? Diced or whole peeled (crushed by hand) work in a pinch.

Veggies: Feel free to toss in zucchini, kale, or bell peppers depending on what's in the fridge.

Step-by-Step Directions:

Cook the pasta according to package instructions until al dente. Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add Italian sausage and cook until browned, breaking it apart with a spoon.

Add chopped onion and minced garlic, and sauté for 2-3 minutes until fragrant.

Stir in sliced mushrooms and cook for about 5 minutes, until softened.

Pour in crushed tomatoes. Season with salt and pepper. Simmer for 5 minutes to let the flavors meld.

Stir in chopped spinach and cook until wilted, about 2 minutes.

Add cooked pasta to the skillet and toss to coat in the sauce.

Taste and adjust seasoning. Serve warm with fresh basil if desired.

Tips for Success:

Don't overcook the spinach-it only needs a minute or two to soften.

Brown the sausage well to build rich flavor. Let it get slightly crispy.

Save ¼ cup of pasta water in case you want to loosen the sauce before serving.

Use a deep skillet or Dutch oven to hold everything comfortably.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

Fridge: Store leftovers in an airtight container for up to 4 days.

Reheat: Warm on the stovetop with a splash of water or olive oil to revive the sauce.

Freeze: This dish freezes surprisingly well-store portions in freezer bags for up to 2 months.

More Recipes You'll Love:

DIRECTIONS

1. Cook the pasta according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add Italian sausage and cook until browned, breaking it apart with a spoon.
3. Add chopped onion and minced garlic, and sauté for 2-3 minutes until fragrant.
4. Stir in sliced mushrooms and cook for about 5 minutes, until softened.
5. Pour in crushed tomatoes. Season with salt and pepper. Simmer for 5 minutes to let the flavors meld.
6. Stir in chopped spinach and cook until wilted, about 2 minutes.
7. Add cooked pasta to the skillet and toss to coat in the sauce.
8. Taste and adjust seasoning. Serve warm with fresh basil if desired.
9. Tips for Success: Don't overcook the spinach-it only needs a minute or two to soften.
10. Brown the sausage well to build rich flavor. Let it get slightly crispy.
11. Save ¼ cup of pasta water in case you want to loosen the sauce before serving.
12. Use a deep skillet or : Dutch oven to hold everything comfortably.
13. Serving Suggestions and Pairings: Pair this hearty pasta with something crisp and cool like a simple arugula salad or roasted green beans. For drinks, try it with a bold red wine like Chianti or a citrusy Strawberry Mojito for contrast. Need a family-style side? These Sheet Pan Quesadillas would be a fun

fusion twist!

14. **Storage and Leftover Tips:** Fridge: Store leftovers in an airtight container for up to 4 days.
15. **Reheat:** Warm on the stovetop with a splash of water or olive oil to revive the sauce.
16. **Freeze:** This dish freezes surprisingly well-store portions in freezer bags for up to 2 months.
17. **More Recipes You'll Love:** If you're into comforting, one-pan dinners with big flavor, check these out:
18. This : [Cajun Chicken Sausage Gumbo](#) - another sausage-forward favorite.
19. This : [Classic Spaghetti with Homemade Sauce](#) - a timeless family dinner staple.
20. This : [Tomato Skillet with Okra and Sausage](#) - packed with rustic Southern vibes.
21. This : [Mexican Chicken and Rice Casserole](#) - perfect for when you want a no-fuss dinner.
22. **Final Thoughts:** Simple ingredients. Big flavor. No dairy necessary. This Italian Sausage Pasta proves you don't need cream or cheese to create a crave-worthy meal. It's everything you want in a busy weeknight dinner-quick, comforting, and endlessly flexible.
23. If you try this recipe, I'd love to hear how it turns out! Leave a comment, share a photo, and don't forget to follow for more flavor-packed, family-approved meals.

SWAPS & NOTES

Sausage: Try turkey or chicken sausage for a lighter version.
Diced or whole peeled (crushed by hand) work in a pinch.

Veggies: Feel free to toss in zucchini, kale, or bell peppers depending on what's in the fridge.

Step-by-Step Directions Cook the pasta according to package instructions until al dente.

TIPS FOR SUCCESS

Don't overcook the spinach-it only needs a minute or two to soften.

Brown the sausage well to build rich flavor.

Save ½ cup of pasta water in case you want to loosen the sauce before serving.

Use a deep skillet or Dutch oven to hold everything comfortably.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/quick-italian-sausage-pasta-with-spinach-and-mushrooms-no-cream-no-cheese/>