

Italian Sausage Pasta with Spinach and Mushrooms - Dairy-Free Dinner in 30 Minutes

Italian Sausage Pasta with Spinach, Mushrooms, and Tomato Sauce



TIME
30 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)

Instructions:

- 1 Cook the Pasta:
- 2 Brown the Sausage:
- 3 SautØ the Veggies:
- 4 Simmer the Sauce:
- 5 Add Spinach:
- 6 Combine & Serve:

Tips for Success:

No cheese, no problem - The sausage and tomato combo is bold enough on its own.

Make it spicier - Use hot Italian sausage or a pinch of red pepper flakes.

Bulk it up - Add diced zucchini, bell peppers, or olives for extra veggies.

Short on time? Pre-sliced mushrooms and pre-washed spinach speed things up.

Serving Suggestions:

? Blueberry Lemonade - sweet and citrusy to contrast the savory.

? Walking Taco Bar - a fun, build-your-own meal to feed a crowd.

? Sheet Pan Quesadillas - another quick crowd-pleaser.

? No-Bake Monster Cookie Balls - for a protein-packed sweet bite.

? Brownie Bombs - because chocolate is always the right answer.

Storage & Reheating:

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

Reheat: Microwave in 1-minute intervals, or reheat on the stovetop with a splash of water.

Meal Prep: This pasta holds up well for make-ahead lunches or dinners.

More Recipes You'll Love:

Blueberry Lemonade

Walking Taco Bar

DIRECTIONS

1. **Cook the Pasta:** Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Drain and set aside.
2. **Brown the Sausage:** In a large skillet, heat olive oil over medium heat. Add sausage, breaking it apart with a spoon, and cook until browned-about 6-8 minutes.
3. **SautØ the Veggies:** Add chopped onion and garlic to the skillet. Cook for 2-3 minutes, until fragrant. Stir in the mushrooms and cook until soft and browned-about 5 minutes more.
4. **Simmer the Sauce:** Pour in the crushed tomatoes. Add salt and pepper to taste. Let the sauce simmer for 5 minutes to develop flavor.
5. **Add Spinach:** Stir in the spinach and cook for 1-2 minutes until just wilted.
6. **Combine & Serve:** Toss the cooked pasta into the sauce. Stir well to combine and heat through. Taste and adjust seasoning as needed. Serve warm, topped with fresh basil if desired.
7. **Tips for Success:** No cheese, no problem - The sausage and tomato combo is bold enough on its own.
8. **Make it spicier** - Use hot Italian sausage or a pinch of red pepper flakes.
9. **Bulk it up** - Add diced zucchini, bell peppers, or olives for extra veggies.
10. **Short on time?** Pre-sliced mushrooms and pre-washed spinach speed things up.
11. **Serving Suggestions:** This hearty pasta pairs wonderfully with:

12. ? Blueberry Lemonade - sweet and citrusy to contrast the savory.
13. ? Walking Taco Bar - a fun, build-your-own meal to feed a crowd.
14. ? Sheet Pan Quesadillas - another quick crowd-pleaser.
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19. Meal : Prep: This pasta holds up well for make-ahead lunches or dinners.
20. More Recipes You'll Love: Blueberry Lemonade
21. Walking : Taco Bar
22. Sheet : Pan Quesadillas
23. No-Bake : Monster Cookie Balls
24. Chocolate : Chip Cookie Dough Brownie Bombs
25. Final Thoughts: With just 10 ingredients and no dairy, this Italian Sausage Pasta proves that simple can still be sensational. Whether you're feeding a family or meal prepping for the week, this recipe is proof that comfort food doesn't need cream or cheese to taste amazing.

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

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