

## Easy Italian Sausage Pasta for a Cozy Weeknight Meal

Savory Italian Sausage Pasta Recipe: A Cozy, Flavor-Packed Dinner



**TIME**  
**3 to 4 min**

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### INGREDIENTS

12 ounces pasta, such as penne, rigatoni, or spaghetti  
1 pound Italian sausage, casings removed if needed  
1 tablespoon olive oil  
1 small onion, diced  
3 cloves garlic, minced  
1 can crushed tomatoes or tomato sauce, about 15 ounces  
1/2 cup heavy cream, optional for a creamier sauce  
1 teaspoon Italian seasoning  
1/2 teaspoon red pepper flakes, optional  
Salt, to taste  
Black pepper, to taste  
1/2 cup grated Parmesan cheese, plus more for serving  
Fresh parsley or basil, chopped, for garnish

### DIRECTIONS

1. Cook the pasta. Bring a large pot of salted water to a boil and cook the pasta according to package directions until al dente. Reserve about 1/2 cup of pasta water, then drain.
2. Brown the sausage. While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the Italian sausage and cook until browned, breaking it into crumbles as it cooks.
3. Add the aromatics. Stir in the diced onion and cook for 3 to 4 minutes, until softened. Add the garlic and cook for about 30 seconds, just until fragrant.
4. Build the sauce. Pour in the crushed tomatoes or tomato sauce. Add the Italian seasoning, red pepper flakes if using, salt, and black pepper. Let the sauce simmer for about 8 to 10 minutes so the flavors can come together.
5. Make it creamy if desired. Stir in the heavy cream for a richer sauce, then add the Parmesan cheese and mix until smooth.
6. Combine with the pasta. Add the drained pasta to the skillet and toss everything together. If the sauce seems too thick, add a splash of the reserved pasta water until it reaches your preferred consistency.
7. Finish and serve. Garnish with fresh parsley or basil and extra Parmesan before serving.

### SWAPS & NOTES

It is warm, filling, and packed with flavor, but it still comes together with everyday ingredients.

Whether you are cooking for family, meal prepping for the week, or just craving a big bowl of comfort food, this pasta is the kind of recipe that earns a permanent place in the dinner rotation.

Why I Love This Recipe I love this recipe because it is exactly the kind of dependable dinner I want to have on hand.

Italian sausage adds instant flavor, which means you do not need a long list of ingredients to create something that tastes rich and satisfying.

### TIPS FOR SUCCESS

One of the biggest keys to a great sausage pasta is browning the sausage well at the start.

That extra bit of color adds a lot of flavor to the finished dish.

Let the sausage develop some golden edges before adding the onions and garlic.

Another helpful tip is to cook the pasta just to al dente.

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

Original recipe: <https://chefmaniac.com/easy-italian-sausage-pasta-for-a-cozy-weeknight-meal/>