

CREAMY FENNEL & SAUSAGE RIGATONI



THE VEGUCATION STATION

FENNEL COOKS DOWN LIKE AN AROMATIC ONION!

Using fennel in the base of this rich “hamburger helper” style pasta beautifully balances out each bite for all to enjoy.

INGREDIENTS

- 3-4 TBSP OLIVE OIL
- 1 FRESH FENNEL BULB, ~3 CUPS CHOPPED
- 1 LARGE YELLOW ONION, ~1.5 CUPS CHOPPED
- 1 LB ITALIAN SAUSAGE, GROUND
- 1/2 HEAD GARLIC, MINCED
- 1 TSP RED PEPPER FLAKES
- SALT & PEPPER, TO TASTE
- 1 CUP DRY WHITE WINE
- 1 CUP HEAVY CREAM
- 2/3 CUP HALF-AND-HALF
- 2 TBSP TOMATO PASTE (MOSTLY FOR COLOR)
- 1 LB RIGATONI PASTA
- 1/2 CUP FRESH PARSLEY, CHOPPED FINELY
- 1 CUP PARMESAN, FRESHLY GRATED

STEPS

- Bring a large heavy pot or Dutch oven to temp over medium heat and add in olive oil. Add the chopped fennel and onion and sauté for 7-8 minutes, stirring occasionally, until tender. Add the sausage and cook for another 7-8 minutes, crushing into small pieces until nicely browned.
- Add the garlic, red pepper flakes, 2 tsp salt, and 1 tsp black pepper and cook for 1-2 min. Pour in the wine, bring to a boil, and add the heavy cream, half-and-half, and tomato paste. Bring back to a boil, lower the heat, then simmer for 20 minutes, until the sauce has thickened, stirring frequently to prevent any sticking.
- Meanwhile, bring a large pot of water to a boil, add 2 tablespoons salt, and cook the rigatoni to package directions. Drain and add to the sauce, stirring to coat the pasta. Cook over low heat for 5 minutes to allow the pasta to absorb the sauce. Off the heat, stir in the parsley and 1/2 cup of the Parmesan. Serve hot with the remaining 1/2 cup parmesan and some minced parsley for garnish. Enjoy!

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Recipe adapted from Ina Garten

<https://www.foodnetwork.com/recipes/ina-garten/rigatoni-with-sausage-and-fennel-3753750>