

[italian](#), [pasta](#), [sunday night](#), [spinach](#), [needs pic](#)

## Creamy Spinach Bolognese

Date added: 2021/02/27

This recipe was originally designed to use up old wilted spinach from the back of the fridge (which it is perfect for), but we like it so much we now buy extra spinach just for this.

### Ingredients

- 1 medium yellow onion, diced
- 1 pound Italian sausage
- 24 oz. jar of red pasta sauce
- one pound of pasta
- glug of olive oil for the pan
- 2-8 eight cups raw baby spinach leaves
- 1 cup heavy cream
- *Optional* grated parmesan and black pepper for serving

### Method

1. Add olive oil to a deep 12 inch or larger frying pan. Saute onion in olive oil over medium heat until barely starting to brown.
2. Add Italian sausage to pan and increase heat to high to brown.
3. Bring large pot of salted water to boil. Blanche spinach leaves for about 15 seconds and with a slotted spoon or spider then remove immediately into ice-water bath to stop cooking. Drain and squeeze to remove excess water. Chop finely and set aside. Keep your water boiling, and add pasta.
4. Add pasta sauce to browned sausage and onion mixture. Reduce heat to medium and simmer for about 10 minutes while pasta cooks, stirring occasionally.
5. Reduce heat to low on pasta sauce and stir in heavy cream and chopped spinach. Warm on low heat taking care not to simmer.
6. When pasta is almost al dente, remove from heat, strain, and finish cooking in sauce.
7. *Optional* Serve with freshly grated parmesan and black pepper.

### Notes

Inspired by: Mark Bittman's Spaghetti with Meat Sauce from [How to Cook Everything](#) (ISBN 9781328545435)

From:  
<https://wiki.cookie mountain.org/> - **Recipe Book**

Permanent link:  
[https://wiki.cookie mountain.org/doku.php?id=recipes:pasta\\_bolognese&rev=1614480637](https://wiki.cookie mountain.org/doku.php?id=recipes:pasta_bolognese&rev=1614480637)



Last update: **2024/08/07 01:20**