

## ***Zinfandel Sausage Sauce for Pasta***

Source: Camille Stagg, recipe developer and author

***Carolyn T's  
Cookbook***

**Servings: 15**



**2 1/2 lb Italian sausage, hot**  
**2 1/2 lb Italian sausage, sweet**  
**3 whole onions, minced**  
**1 1/2 lb mushrooms, sliced**  
**4 c red wine, Zinfandel style**  
**48 oz tomato sauce**  
**1/2 c parsley, Italian style**  
**6 cloves garlic, minced**  
**3 tbsp fresh basil**  
**3 tbsp dried oregano**  
**3 tbsp dried rosemary**  
**Salt & pepper to taste, or no salt at all**  
**depending on the sodium in the tomato**  
**sauce**  
**3/4 cup grated parmesan cheese**  
Suggested Wine: Zinfandel, of course  
Categories: Pasta, Pork

***Blog: Carolyn T's Blog:***  
***<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 641 Calories;  
49g Fat (73.4% calories from fat); 26g Protein; 14g  
Carbohydrate; 3g Dietary Fiber; 118mg Cholesterol;  
1775mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2  
Lean Meat; 2 Vegetable; 7 1/2 Fat.*

*Notes: As you can see from the quantity, I always make this up in large batches. It's better made one day and served the next. I freeze it in small 1-4 serving sizes in freezer bags, which defrosts easily in the refrigerator. This recipe came to me in the mail because of a wine-of-the-month club we were in for some time, and Camille Stagg provided tasty recipes to go with the wine selections. I've altered it somewhat (made it more spicy and added more wine) among other things. Be careful about using tomato sauce with high sodium - if you cook down this sauce, it amplifies the salt; hence, I prefer to use salt-free tomato sauce (or very low, anyway) and add my own at the end.*

### **Preparation Time: 3 hours 30 minutes**

1. In a large, heavy skillet, slowly brown the crumbled sausage; drain off fat. Add onion and sauté until limp, then add garlic and mushrooms. Continue cooking for 2-3 minutes.
2. Add Zinfandel wine, tomato sauce, herbs and spices. Bring to a boil, partially cover pan, and reduce to a simmer.
3. Cook for 2-3 hours, stirring occasionally, until the sauce is reduced to a thick consistency. Taste and adjust seasonings. Serve over cooked pasta and top with grated parmesan. This freezes well. It is best if prepared a day ahead.