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# Homemade Italian Sausage Pasta

## Description

I like to make things from scratch, that way I know what I'm getting and I can avoid additives and preservatives. Making Italian sausage from scratch was so easy and the taste was so sensational, not to mention the cost savings – you'll want to make this all the time for guests just for the sheer satisfaction of saying that you “made it from scratch!”

Total time: 1 hr   Yield: 6 Servings

## Ingredients

2 lb fresh ground pork  
1 Tbsp whole fennel seed  
1 tsp caraway seeds (optional, but adds a great layer of flavor)  
1 Tbsp Italian seasoning  
1 tsp rosemary  
1 Tbsp parsley (can substitute with 2 tablespoon fresh parsley)  
2 tsp salt  
1 tsp black pepper  
1 tsp red pepper flakes (optional)  
1 lb Penne pasta (or any pasta shape that isn't long like spaghetti)  
1 bunch fresh basil  
1 jar of your favorite pasta sauce  
parmesan cheese

Prep Time: 1 hr   Total Time: 1 hr

## Instructions

Fold the sausage ingredients (ground pork, fennel seed, caraway seeds, Italian seasoning, rosemary, parsley, salt, pepper, red pepper flakes) together until fully blended. For optimal results, let the mixture sit overnight in your refrigerator in a covered container.

Time to cook! Boil a large pot of water for the pasta. In a large skillet, pan fry the sausage mixture until thoroughly cooked through, drain and set aside. I would use this same skillet to heat up your pasta sauce and save cleaning yet another dish. Prepare the pasta according to package directions, drain and place in a large serving bowl or platter. Top with the cooked sausage and pour the sauce over and lightly toss. Tear up the basil leaves and sprinkle over the pasta, along with lots of parmesan cheese – this hearty meal tastes as good as it looks. Enjoy!

**Recipe brought to you by:**

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Chef Michi Holland

**Source:**

Chef Michi Watarai