



Everything
HERBAL[™]
by Cheryl Jabz ♥

Herbs for the
Body ♥ Peace for
the Soul ♥ Live Well
Naturally Every Day.™

Bubbie's ♥ Italian Sausage

with Diced Tomatoes and Herbs

Simple Ingredients ♥ Bold Flavor ♥ A Classic Italian-Inspired Dish



Ingredients

- 1 lb Italian sausage (mild or hot) (4–5 links)
- 1 tbsp olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes (with juices)
- 1 (6 oz) can tomato paste
- 3/4 cup water
- 1 tsp dried Italian seasoning
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp red pepper flakes (optional, for heat)
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper
- 1/4 cup fresh parsley, chopped (plus more for garnish)
- 1/4 cup fresh basil, chopped (plus more for garnish)

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Instructions

- 1 Brown the sausage:** Heat olive oil in a large skillet or Dutch oven over medium heat. Add the Italian sausage links and cook, turning occasionally, until browned on all sides, about 6–8 minutes. (They do not need to be fully cooked at this stage.) Remove sausages and set aside.
- 2 Sauté the aromatics:** In the same skillet, add the diced onion and cook for 3–4 minutes until softened. Add garlic and cook for 30 seconds, until fragrant.
- 3 Build the sauce:** Stir in the diced tomatoes (with juices), tomato paste, water, Italian seasoning, oregano, basil, red pepper flakes (if using), salt, and black pepper. Mix well.
- 4 Simmer:** Return the browned sausages to the skillet, nestling them into the sauce. Bring to a gentle boil, then reduce heat to low. Cover and simmer for 20–25 minutes, turning occasionally, until the sausages are cooked through (internal temperature 160°F) and the sauce has thickened.
- 5 Finish and serve:** Stir in fresh parsley and basil. Taste and adjust seasoning as needed. Serve hot with your favorite pasta, crusty bread, or over polenta or rice.

Serving Suggestions

- Toss with pasta (spaghetti, penne, or rigatoni)
- Serve with crusty Italian bread
- Spoon over creamy polenta, mashed potatoes, or rice
- Pair with a simple green salad

Live Well
Naturally
Everyday ♥



SCAN FOR
MORE RECIPES



Download This Recipe



Print • Save • Share



www.EverythingHerbalByCherylJabz.com