

Zucchini Noodles with Sausage Sauce

Have you ever tried making meat sauce with sausage meat? If the answer is no...you must give this a try...



This is a simple version of meat sauce...I just peeled the

“skin” from the fresh Italian sausage and use as a “ground” meat. The advantage is that the fresh Italian sausage is packed with flavors, therefore you will end up with a very tasty meat sauce. Make sure to caramelize the garlic, onion and the meat...you will be amazed of the deep enhanced flavors.

Ingredients:

- 1 lb fresh Italian sausage
- 3 cloves garlic, minced
- 1 small red onion, finely chopped
- 8 oz cremini mushroom, sliced
- 1 jar marinara sauce, 25oz
- Salt and ground pepper to taste
- Olive oil, if needed
- 3 large zucchini spiralized



Method:

Remove the casing from the sausage and crumble the meat into a pan over medium heat. Sauté, and break all the large chunks, until all the meat opaque. Add the garlic and onion and a little olive oil if the meat looks dry.

Stir until the onion and garlic are caramelized and the meat is brown. Add the sliced mushrooms and the tomato sauce. Bring to simmer until the sauce is thick.

In the meantime blanch the spiralized zucchini. Drain well and divide into serving bowls.

Scoop the sausage sauce on the zucchini noodles and top with grated Parmesan cheese. Serve immediately.





I hope you enjoy this low carb recipe using zucchini as your “pasta”.



Did you know that zucchini are low in calories and it skin is a great source of dietary fiber?

Thank you for visiting Color Your Recipes...have a colorful day!