



## Easy Weeknight Italian

- Menu Serves 4-

Weeknight Italian Vegetable and Sausage Soup

Lasagna Roll Ups

Quick Homemade Marinara Sauce

Italian Margarita

To access the class video copy and paste the link into your browser:

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## Shopping List

### Dairy

- 1, 15-ounce container ricotta cheese
- 4 ounces grated Parmesan cheese (about 1 1/4 cups) plus extra for garnish
- 8 ounces shredded mozzarella cheese (about 2 cups)
- 1 large egg

### Pantry

- 2 TB olive oil
- 1 can petite diced tomatoes with basil and garlic
- 2 cups vegetable broth (I use Better than Bouillon brand)
- Store bought pesto to garnish soup (optional)
- 8 lasagna noodles (*you may want to make a few extra in case any break while cooking*)
- 1, 28 ounce can crushed tomatoes
- 1 TB tomato paste
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### Produce

- 1 yellow onion, chopped
- 1 yellow bell pepper, chopped
- Head of garlic
- 1 yellow squash, chopped
- 1 zucchini chopped
- 2 TB chopped fresh Italian parsley or (2 tsp dried)
- 2 TB chopped fresh basil or (1 tsp dried)
- 1 lime
- 1 orange

### Protein

- 2 chicken Italian sausage links, chopped (you can also buy pork Italian sausages instead)

### Spices

- 1 TSP dried basil
- Salt and pepper
- 1 TSP oregano
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### Specialty

- 2 ounces (4 TB) tequila
- 1.5 ounces (3 TB) freshly squeezed orange juice
- 1 ounce amaretto

\* these ingredients make 1 margarita, adjust quantities if making more than 1 cocktail!

## Equipment

### Baking

- 9" x 13" baking dish
- Foil

### Pots and Pans

- 4 qt Dutch oven
- Pasta pot
- Large deep skillet

### Utensils

- Chef's Knife
- Cocktail Shaker or mason jar
- Cutting Board
- Kitchen towel
- Ladle
- Measuring cups and spoons
- Mixing bowls, various
- Spatula

# Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- Prep the veggies for the soup
- Put a large pot of water on to boil to save some time during class.

## Quick Italian Soup

1 TB olive oil  
1 yellow onion, chopped  
1 yellow bell pepper, chopped  
2 garlic cloves, minced  
2 chicken Italian sausage links, chopped  
1 yellow squash, chopped  
1 zucchini chopped  
1 can petite diced tomatoes with basil and garlic  
2 cups vegetable broth  
1 TSP dried basil  
Salt and pepper to taste  
Parmesan cheese for garnish  
Store bought pesto

In a 4 qt Dutch oven pour 1 TB olive oil, heat over medium-low heat. Add the onions and bell pepper. Stir occasionally and cook until crisp tender, about 6 minutes. Push the veggies to the side and brown the sausage about 3 minutes. Add the garlic and cook 30 seconds. Next add the squash and zucchini. Continue to cook another 3 -4 minutes until the squash is crisp-tender.

Pour in the vegetable broth, tomatoes and basil. Stir to combine. Cook until the broth starts to boil. Reduce the heat to a low simmer, cover and cook 10 – 15 minutes. Serve with grated Parmesan cheese and a tablespoon of store-bought pesto.

# Lasagna Roll Ups

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Serves 4, 2 rolls each

## Pasta and Filling:

2 cups ricotta cheese (1, 15-ounce container)  
4 ounces grated Parmesan cheese (about 1 1/4 cups)  
8 ounces shredded mozzarella cheese (about 2 cups)  
1 large egg, beaten  
3/4 tsp salt  
1/2 tsp black pepper  
2 TB chopped fresh Italian parsley or (2 tsp dried)  
2 TB chopped fresh basil or (1 tsp dried)  
8 lasagna noodles (*you may want to make a few extra in case any break while cooking*)

Preheat oven to 375 degrees. Place rack in the middle of the oven.

In a large bowl, combine the ricotta, 3/4 cup Parmesan cheese, 1 cup mozzarella cheese, beaten egg, salt, pepper, and herbs.

Fill a large pot with water, add a few teaspoons of salt. Bring to a boil. Then add the lasagna noodles into the water and cook until softened, 10 minutes. Once cooked, drain the water and place the noodles on a clean kitchen towel.

Place 1 - 2 ladles of prepared marinara sauce at the bottom of a 13" x 9" baking dish, enough to cover the bottom of your dish. Spread about 1/4 cup of cheese mixture onto each lasagna noodle and cover about 3/4 of the noodle. Begin rolling the noodle with the short end facing you. Place each roll in the pan with the seam side down. Should make 8. Then cover completely with remaining sauce and 1 cup of mozzarella cheese, cover with aluminum foil. Bake about 30 minutes then remove foil and sprinkle with remaining 3/4 cup of Parmesan cheese. Bake an additional 5 minutes. Remove from oven and let stand 5 - 10 minutes before serving. Add fresh basil to garnish if desired.

\*\*\*You can prepare the dish up until the baking point, cover with parchment paper and then aluminum foil and refrigerate up to 3 days or keep frozen up to 1 month. If frozen, thaw for 1 - 2 days in the refrigerator.

To prepare:

Remove parchment paper and replace foil, increase baking time to 40 – 50 minutes.

## Quick Marinara Sauce

1 TB olive oil  
3 cloves of fresh garlic, minced  
1, 28 ounce can crushed tomatoes  
1 TB tomato paste  
1 TSP oregano  
1 TB granulated sugar  
2 TSP Kosher salt  
¼ TSP black pepper

In a medium saucepan or deep skillet, heat the olive oil. Add the garlic. Quickly cook until it is fragrant, about 30 seconds. Pour in the crushed tomatoes and stir. Add the rest of the ingredients and stir gently until incorporated. Simmer over low heat 12 – 15 minutes.

## Italian Margarita

Makes 1 cocktail

2 ounces (4 TB) tequila  
2 ounces (4 TB) freshly squeezed orange juice  
½ ounce amaretto  
1 TB freshly squeezed lime juice  
Lime wedge for garnish  
Kosher salt  
Ice cubes

Take a lime wedge and rub the rim of the glass. Dip the rim in Kosher salt, fill the glass with ice cubes, set aside.

In a cocktail shaker add ice cubes, tequila, orange juice, amaretto and lime juice. Shake for 30 seconds. Pour over ice. Serve with a lime wedge.