



# Italian Sausage Tomato Basil Pasta Recipe

## The Sausage That Started It All

I first made this dish for my grandson, Leo. He was a very picky eater. He would only eat plain noodles with butter.

I snuck a tiny piece of this sausage into his bowl. He took one bite and his eyes got wide. He asked for a whole plate full. I still smile thinking about it. Sometimes, you just need to try one new thing.

## Why This Pasta Feels Like a Hug

This recipe matters because it brings people together. It is a simple, happy meal. You cook it in one big pan.

That means less washing up. More time with your family. The smell of sausage and garlic fills the whole house. Doesn't that smell amazing? It tells everyone that a good meal is coming.

## **A Little Secret from My Kitchen**

Do not throw out your pasta water. That starchy water is magic. It helps the sauce stick to your noodles.

Just save a cup before you drain the pot. I learned this from my own grandma. \*Fun fact: The shape of cavatappi noodles is perfect for holding little bits of sausage and tomato in its curls.\* It makes every forkful perfect.

## **Let's Talk About the Good Stuff Inside**

This dish is full of bright flavors. The cherry tomatoes get sweet and soft. The basil adds a fresh, green taste.

The red pepper flakes give it a tiny kick. It is not too spicy, just a little warmth. What is your favorite herb to cook with? I always have a basil plant on my windowsill.

## **Cooking is a Lesson in Patience**

Let the tomatoes simmer. Do not rush them. This is the most important step.

As they cook, they burst and make their own juicy sauce. This matters because good food takes its own time. The wait is always worth it. Did you ever grow your own tomatoes? I find it so satisfying.

## Your Turn in the Kitchen

Now you have the recipe. It is your turn to make memories. This dish is wonderful for a weeknight dinner.

It feels special but is so easy. You can do this. What is the first meal you ever learned to cook? I would love to hear your story.



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**Ingredients:**

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
cavatappi noodles	8 ounces	
ground Italian sausage	1 pound	mild
garlic, minced	2 teaspoons	
tomato paste	2 tablespoons	
cherry tomatoes	2 cups	halved
fresh basil leaves, chopped	1/4 cup	about 10 leaves
kosher salt	1 teaspoon	
black pepper	1/2 teaspoon	
red pepper flakes	1/8 teaspoon	
parmesan cheese, grated		for garnish



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# My Cozy Sausage & Tomato Pasta

This pasta reminds me of my grandson, Leo. He always asks for it on rainy days. The kitchen fills with the most wonderful smells. It feels like a big, warm hug from the inside.

See also [Creamy Tangy Chicken Salad with Dried Cherries](#)

I love how the cherry tomatoes get sweet and soft in the pan. They pop and mingle with the savory sausage. It's a simple dance of flavors. Doesn't that smell amazing?

- **Step 1:** First, let's cook your cavatappi noodles. Follow the directions on the box. Save one cup of the starchy pasta water before you drain it. That water is magic for our sauce later. I still laugh at the time I forgot this step.
- **Step 2:** Now, brown the Italian sausage in a big skillet. Use a spoon to break it up as it cooks. When it's nearly done, stir in the minced garlic. (A hard-learned tip: don't burn the garlic! It only needs one minute to become fragrant.)
- **Step 3:** Time for the tomato paste and our halved cherry tomatoes. Toss in most of your chopped basil, but save a little for later. Add the salt, pepper, and red pepper flakes. Pour in that 1/4 cup of saved pasta water. It will help create a lovely sauce.
- **Step 4:** Let everything simmer together for about ten minutes. You will see the tomatoes start to wilt and release their juices. This is the heart of the sauce. **What does "al dente" mean for the pasta? Share below!**
- **Step 5:** Finally, add your cooked pasta to the skillet. Toss it all together until every noodle is coated in sauce. If it looks a bit dry, add another splash of pasta water. Serve it up with a sprinkle of

parmesan and your saved fresh basil.

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Yield:** 4 servings

**Category:** Dinner

## Three Fun Twists to Try

This recipe is like a favorite story. You can tell it a little differently each time. Here are some ways to make it your own. I think variety keeps cooking fun.

- **Veggie Lover's Dream:** Skip the sausage. Use chopped zucchini and mushrooms instead. It becomes a beautiful garden meal.
- **Extra Spicy Kick:** Use hot Italian sausage. Add more red pepper flakes too. Perfect for when you need to warm up.
- **Summer Garden Fresh:** Stir in a big handful of fresh spinach at the very end. It wilts down and adds a pop of green.

See also [Classic Fried Egg BLT Sandwich Recipe](#)

**Which one would you try first? Comment below!**

## How to Serve Your Masterpiece

This pasta is a happy meal all on its own. But every star needs a good supporting cast. A simple green salad with a light dressing is perfect. Some crusty, warm bread is great for wiping the plate clean.

For a drink, a chilled glass of lemonade is my go-to. It cuts through the richness so nicely. For the grown-ups, a simple glass of red wine works beautifully. It just feels right with the tomatoes and herbs.



**Which would you choose tonight?**



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# Keeping Your Pasta Perfect for Later

This pasta makes wonderful leftovers. Let it cool completely first. Then store it in a sealed container in the fridge. It will stay good for up to three days.

You can freeze it for a busy night too. I once froze a batch for my grandson. He said it tasted just as good weeks later. Use a freezer-safe container for best results.

Reheat it gently in a skillet. Add a splash of water or milk. This brings back the saucy texture. The microwave works, but stir it often.

Batch cooking saves you time on hectic days. It also means a good meal is always close by. This matters for a happy, calm home. **Have you ever tried storing it this way? Share below!**

# Simple Fixes for Common Pasta Problems

Is your sauce looking a bit dry? Do not worry. Just add more of that reserved pasta water. A little at a time will loosen it up.

I remember when I first cooked sausage. I did not brown it enough. Getting a good, brown crust adds so much flavor. This step matters for a rich, deep taste.

Are your cherry tomatoes not bursting? Give them a little press with your spoon. This helps them release their sweet juices. Cooking is more fun when you know how to fix little issues. **Which of these problems have you run into before?**

## Your Pasta Questions, Answered

Q: Can I make this gluten-free? A: Yes! Just use your favorite gluten-free pasta. The sauce will taste just as wonderful.

Q: Can I make it ahead? A: You can cook the sausage and sauce a day early. Then just cook your pasta fresh when ready to eat.

See also Slow Cooker Bacon Cheese Green Bean Casserole

Q: What if I do not have cherry tomatoes? A: A can of diced tomatoes works perfectly. Use what you have on hand.

Q: Can I double the recipe? A: Of course! Use a very big pot for the pasta. This is great for feeding a crowd.

Q: Is the red pepper necessary? A: No, it is just for a little kick. Leave it out if you prefer a milder dish. **Which tip will you try first?**

## Until Next Time, From My Kitchen to Yours

I hope you love this cozy meal. It always makes my kitchen smell amazing. Cooking for people is a way to show you care.

\*Fun fact: The little grooves in cavatappi pasta are perfect for holding onto sauce.\* I would love to see your creations. Sharing food stories connects us all.

**Have you tried this recipe? Tag us on Pinterest!** I always look for your photos. It makes my day to see them.

Happy cooking! —Elowen Thorn.

You need to try this!



[Savorydiscovery.com](http://Savorydiscovery.com)

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Author: Elowen Thorn

Cooking Method:[Stovetop](#)



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Cuisine: [Italian](#)



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Courses: [Dinner Main](#)

Difficulty: **Beginner**

Prep time: **10 minutes**

Cook time: **30 minutes**

Rest time:

Total time: **40 minutes**

**Servings: 4 servings**

Calories: **464 kcal**

Best Season:**Summer**

## **Description**

Tomato Basil Pasta with Italian Sausage

## Ingredients

- 8 ounces cavatappi noodles
- 1 pound ground Italian sausage, mild
- 2 teaspoons garlic, minced
- 2 tablespoons tomato paste
- 2 cups cherry tomatoes, halved
- 1/4 cup chopped fresh basil leaves, about 10 leaves, chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon red pepper flakes
- parmesan cheese, grated, for garnish

## Instructions

1. Cook the pasta according to the package instructions until al dente. Reserve 1 cup of pasta water, draining the rest. Set the cooked pasta and reserved pasta water aside.
2. In a large skillet over medium heat, cook Italian sausage until browned (8-10 minutes). Add the minced garlic and cook for 1 minute.
3. Add the tomato paste, cherry tomatoes, fresh basil (reserving some for garnish), salt, pepper, red pepper flakes, and 1/4 cup of reserved pasta water to the skillet. Stir well to combine.
4. Simmer for about 10-15 minutes, allowing the tomatoes to release some of their natural juices.
5. Add the cooked pasta to the skillet. Toss well to coat the pasta evenly. (Add more pasta water if needed to reach your desired consistency.)
6. Serve garnished with parmesan cheese and reserved basil.

## Notes

For a spicier dish, use hot Italian sausage or increase the amount of red pepper flakes.

Keywords:Italian Sausage, Pasta, Tomato, Basil, Dinner