Weeknight Spaghetti

This is a great way to trick your kids into eating vegetables.

Ingredients

- 1 pound Italian sausage
- 1/3 orange bell pepper
- 3 button mushrooms
- 1 carrot
- 1 stalk of celery
- 1 jar (24 oz) of spaghetti sauce
- small hunk of Parmesan rind (optional)
- 1 pound spaghetti

Instructions

- 1. In a large skillet, brown the sausage over high heat. Remove the sausage from the skillet and drain on paper towels, leaving any rendered fat in the pan.
- 2. Purée the bell pepper, mushrooms, carrot, and celery in a bullet blender with a few tablespoons of water.
- 3. Add the puréed mixture to the skillet, season with salt and pepper, and cook until most of the water has evaporated.
- 4. Add the spaghetti sauce and Parmesan rind to the skillet and simmer for half an hour.
- 5. Return the sausage to the skillet and simmer for an additional 10 minutes.
- 6. While the sauce is simmering, cook the spaghetti according to the package instructions.
- 7. Thin the sauce with pasta water if necessary.