

Sausage, Peppers & Onions

Based on the recipe from Simply Recipes

Ingredients

6 Italian sausage links
2 Tablespoons olive oil
3 bell peppers (different colors)
1 large onion
4 cloves garlic
1/2 cup Marsala or red wine
28 ounces crushed tomatoes
1 Tablespoon dried oregano
1/2 teaspoon crushed red pepper flakes
salt to taste

Heat olive oil in a large, lidded pan over medium heat. Add the sausages, browning slowly--be careful not to sear. Cook through for several minutes, turning occasionally to brown on all sides. While sausages cook, slice peppers into 2-3 inch strips, onions into 1/4 half moons, and garlic into slivers.

Remove browned sausage from pan and set aside. Increase heat to high and add peppers and onions. Toss to coat in pan drippings, and cook until softened, stirring occasionally. Sprinkle with salt and when slightly seared, add garlic and cook for another minute.

Add wine to pan and use a wooden spoon or spatula to scrape the blackened bits from the bottom of the pan. Reduce wine by half.

Add tomatoes, oregano and crushed pepper and stir to combine. Slice sausage into medallions and return to pan. *Note: If you want to put the sausage on rolls, you can leave the links whole.* Bring to a simmer, then reduce heat to low. Cover and simmer for 20 minutes so the peppers soften and sausage cooks through.

Serve over cooked shells or other small pasta.

Makes 6 servings.

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