


SAUSAGE
 AUTHENTIC ITALIAN RECIPES

MICHAEL'S ITALIAN SAUSAGE WITH POTATOES AND PEPPERS.

- 2 links Spolumbo's Mild or Spicy Italian Sausage
- 1 tablespoons olive oil
- 3 large potatoes (cubed 1/2 inch)
- 2 red bell peppers (cut julienne style)
- 1 cup white onion (chopped)
- 3 cloves of garlic (chopped fine)
- 1/2 tsp crushed chilies or 1 1/2 tsp chili powder
- 1 1/2 tsp of ground oregano
- salt & pepper to taste



Bake or barbecue sausages until almost done. Cut to bite-size portions and set aside. Heat oil over medium heat in a deep fry pan. Add potatoes. Cook potatoes 5 minutes, add peppers, onions and garlic. Cook 10 minutes more, stirring occasionally. Peppers should begin to soften, potatoes will be crispy brown. Add sausage, simmer an additional 10 minutes. Mix in remaining spices one at a time. Serves 4.



SPICY ITALIAN SAUSAGE

Ingredients: Our prime pork, water, salt, spices.			
Calories 143	Protein 12g	Fat 10g	Carbohydrate 0.8g



Look for Spolumbo's Spicy Italian Sausage at your local grocery store.