

RECIPE



SWEET ITALIAN SAUSAGE W/ BABY BELL PEPPERS AND SPINACH

INGREDIENTS:

1 1/2	lbs	sweet Italian sausage
1	tbsp	vegetable oil
2	tbsp	olive oil
2	large	garlic cloves, chopped
1	large	yellow onion, sliced
1	bag	mini sweet bell peppers, tops removed, sliced in half lengthwise
1/3	cup	dry white wine
10	oz	baby spinach
1	cup	chicken stock
		kosher salt, to taste
		fresh ground black pepper, to taste

DIRECTIONS:

Preheat oven to 400°

Start with a heavy-bottomed, high-sided skillet that can go into the oven. Add in your sausage links and drizzle with 1 tablespoon of vegetable oil. Bake at 400° for 30 minutes, rotating them a couple of times while baking. Remove the sausages from the pan and let rest while you prepare the remaining ingredients for the dish.

Heat olive oil on medium-high heat and add in the garlic cloves, sliced onion, and mini sweet bell peppers. Season with kosher salt and freshly ground black pepper to taste. Sauté until peppers and onions are softened, about 8 minutes.

Deglaze the pan with white wine and let simmer for a few minutes to burn off the alcohol. Add in the baby spinach and toss around to just wilt the leaves.

Add the sausage links back into the pan and pour in 1 cup of chicken stock. Simmer for 15 minutes and serve with your favorite loaf of bread.

Serves: 4


