

Sausage & Peppers Recipe

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Hi Wendy,

Thanks again for coming over Saturday night - we had a great time!

As promised, here's the recipe for the Sausage & Peppers dinner - I do this totally by eye, so I'm guessing with the measurements below. (Sorry if that's totally annoying for the quantitative mind! Haha!) I'm also attaching a link to the online recipe that I prefer to use as a gauge.

Sausage & Peppers

Ingredients (4-6 adult portions)

- 6 Sausages (about 1 1/2 per person), cut into 2" pieces.
 - Italian sausages are the most "traditional", but you can use any savoury sausages, really. You'll want to stay away from sweet sausages, and I generally don't prefer German-style bratwurst, or those lighter sausages. (The ones we used were the Save-On Roasted Red Pepper & Asiago, as well as their Tuscan sausages)
- 3-4 Bell peppers (depending on the size of your peppers, but I usually go with about 1 "normal-sized" pepper per person - you can definitely throw in more), cut roughly into 3/4" wide strips
- 1-2 yellow onions (about the size of a tennis ball), roughly chopped to match the size of the pepper pieces
- 1 lb mini yellow potatoes, halved
- 3 cloves of garlic, minced
- 2 tbsp olive oil (or more if needed to coat)
- kosher salt
- black pepper
- Italian seasoning (I put about a loonie sized pile in my hand, probably about a 1 tbsp)
- dry mustard (just enough to give a dusting over the veggies in the bowl. Maybe 1/2 - 1 tsp.)
- 1/4-1/2 cup (ish) dry white wine (I prefer Chardonnay, but a Sauvignon Blanc would work) - if you don't like cooking with wine, you could also use chicken broth

Method

1. Preheat oven to 400°F.
2. In a big bowl, toss the peppers, onion, garlic, and potatoes, and drizzle with the olive oil. Sprinkle salt, black pepper, dry mustard over top. Pour Italian seasoning into hand & crush between palms while sprinkling over top of veggies. Toss until coated & pour onto a foil-lined baking sheet in a single layer (may need 2 baking sheets).
3. Put sausage pieces in same bowl, with a little bit of olive oil, and black pepper, arrange tucked in amongst the veggies.
4. Put in oven & bake for about an hour, or until veggies are soft & sausage is cooked through.
5. After about half an hour of cooking time, pour the wine evenly over the baking sheet & toss gently to help unstick veggies. (If there's still a lot of juice, I'll wait a little longer so not to boil the veggies, but I don't want the pan to be totally dry.) If using two baking sheets & one is on top of the other, swap them.
6. ENJOY!

Similar *ACTUAL* recipes: <https://www.delish.com/cooking/recipe-ideas/a22628682/best-sausage-and-peppers-recipe/>
<https://www.allrecipes.com/recipe/214500/sausage-peppers-onions-and-potato-bake/> (For this one though, I would ignore all the extra pre-browning in the skillet - you don't need to. It's a good earmark on the amounts through.)

-C.