

Italian sausage and vegetables

Ingredients

- 375g mild italian sausage
- 375g spicy italian sausage
- 2 tbsp olive oil
- large sweet bell pepper, diced
- large sweet onion, diced
- 1 tsp basil
- 1 tsp oregano
- 1/4 cup sherry cooking wine
- rice to serve

Preparation

1. Heat oil in a large skillet on medium-high heat
2. Saute onion and pepper until tender-crisp, 2-3 minutes
3. Add sausage meat one package at a time, breaking into small pieces. Cook until browned
4. Add basil and oregano and combine
5. Add white wine and reduce for about 5 minutes
6. Season with pepper
7. Serve over rice

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