



Pan Roasted Italian Sausage & Peppers

directions

1. Preheat oven to 425 degrees. Lay sausages out on a rimmed baking sheet pan and cook for about 12 minutes, or until they begin to brown.
2. While sausages are cooking, toss the bell peppers, fennel, red onion and garlic together in a bowl with the olive oil and salt and pepper.
3. Remove pan from the oven. Add vegetables to the same pan spreading out in a single layer with the sausages. Return the pan to the oven.
4. Roast another 12-15 minutes until vegetables are beginning to brown on edges and sausage is cooked throughout and dark, golden brown.
5. Sprinkle servings with pepper flakes and shaved parmesan cheese.

notes

This would be a great tail-gating or out-door picnic dish. Just pop the cooked sausages and vegetables in a to-go aluminum pan and it's ready to go.

Can be served in a hoagie bun with spaghetti sauce and cheese.

to serve

Don't forget to sprinkle servings with pepper flakes and shaved parmesan cheese if you want to add these elements.



4

servings

20 min

prep time

25 min

cook time

ingredients

One 19 oz. pkg Swaggerty's Farm "Hot" Italian Sausage Links

1 each yellow, red and orange bell pepper, cut into fat slivers

1 1/2 cups thinly sliced fennel bulb, white part only

1 1/2 cups sliced red onion

4-5 garlic cloves crushed

2 tablespoon olive oil

Kosher salt and black pepper

1 teaspoon crushed red pepper flakes

1/2 cup shaved Parmesan Cheese

Pairs well with: Warm mashed potatoes, sauerkraut, crusty bread, pasta, beer

Special Kitchen Tools: N/A