

PATTY'S SAUSAGE AND PEPPERS

*2 BS UNCOOKED ITALIAN CHICKEN SAUSAGE
3 CLOVES MINCED GARLIC
1 MEDIUM RED ONION SLICED
1 RED PEPPER SLICED
1 GREEN PEPPER SLICED
1 ZUCCHINI SLICED IN ROUNDS
HANDFUL SUNDRIED TOMATOES (PLAIN OR PACKED IN OIL)
HANDFUL FRESH BASIL LEAVES TORN
A FEW SPRIGS FRESH OREGANO OR APPROX ½ TSP DRIED
GRILL SEASONING
SALT AND PEPPER TO TASTE
1-2 TBL EXTRA VIRGIN OLIVE OIL

Preheat a large grill pan. In a large bowl combine all ingredients except sausage mixing thoroughly. With the grill pan on medium high, spray with olive oil spray.

Put vegetables on pan in batches, without crowding pan. Leave vegetables to grill on one side until slightly charred and caramelized, then turn, and let caramelize on other side. Grill the rest of vegetables in batches.

In the meantime, put sausage in saucepan with approx. ¼ cup water. Cover and bring to a boil, then take down to a simmer. Let it cook through, turning once. If water evaporates add some more.

Make room on the grill and place sausage on it. Grill sausage. Take the leftover water from sausage pan and pour on vegetables to deglaze pan. Serve with crusty Italian bread.

*You can use any type of Italian flavored sausage – pork, chicken, plant based if youse are veganarian.

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