

Italian Sausage and Peppers

Serves

8

Ingredients

3 pounds Italian sweet or hot sausage(turkey or chicken can be substituted)

2 green bell peppers

2 red bell peppers

2 yellow bell peppers

All peppers stemmed

seeded and cut into 1/2-inch strips

2 medium red onions or yellow

halved and cut into thin slices

1 medium fennel bulb

top cut off

halved and cut into thin slices

Balsamic vinegar to drizzle

Fresh Italian rolls

cut in half brushed with olive oil, and grilled on grill.

Preparation Instructions

Heat your grill to medium hot fire. Make sure you know where your hottest spot is on your grill to cook the meat.. Butterfly each sausage to open up the middle to cook well. Turn over after about 12 minutes and cook though on both sides.

While the sausages are cooking, in a hot skillet, on the medium hot side of your grill, cook the bell peppers, onion, and fennel in extra virgin olive oil until vegetables are soft. Season with salt and pepper to taste .Drizzle some balsamic vinegar Add the sausages to the skillet when done and cook for a few minters more so that the flavors can meld with the peppers and onions. Take a grilled Italian roll and put a healthy spoonful of the sausage and pepper mix in it. Season more to taste. Eat and smile.