

Italian Sausage, Peppers, and Onion

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*1 pkg Italian sausage (pork or beef)
1 tbsp olive oil
1 med onion, sliced
1 red pepper, sliced
1 green pepper, sliced
2 cloves garlic, minced
1/4 cup each white wine and chicken broth
1 tbsp tomato paste
1/2 tsp each salt, pepper, and dried oregano
1 tbsp fresh parsley, chopped*

To save yourself time and a headache later, it's best to prep your peppers, onions, and garlic before starting to cook, so you can just grab them when you need them. Also mix the tomato paste, chicken broth, and white wine, and set aside.

On med/low heat, warm up 1 tbsp olive oil for a couple minutes, then add the sausage. Cook until browned, turning every two minutes. Should take about eight minutes total. Set the sausage aside for now.

Raise the heat to med/high, then add the onions. Sauté for about three minutes, only stirring once or twice as they cook. You want them to brown/scorch a little bit as they sauté. Add the peppers and sauté for another two minutes, again letting them scorch a little bit. As the peppers cook, the sausage should be cooled enough to handle. Cut them into fourths and set aside. Add the garlic, oregano, salt and pepper, and simmer for another minute. The peppers and onions should be fairly softened by now.

Add the tomato paste, white wine, and chicken broth mixture to the pan, mixing everything together. Add the sausage, cover, reduce the heat to med/low, and simmer for ten minutes.

After ten minutes, most of the liquid will have cooked down and the onions and peppers will be nice and soft, and will have a delicious coating to boot.

And that's it! Stir in the chopped parsley, serve, and enjoy.