

All-American Sausage & Pepper Sliders

Veronica Callaghan - Glastonbury, CT

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Servings: 4

Preparation Time: 15 minutes

Cook time: 30 minutes

4 Italian sausage links, uncooked

1/3 cup water

2 teaspoons canola oil

2 large sweet red peppers, thinly sliced

2 large red onions, thinly sliced

1/4 cup packed brown sugar

2 tablespoons balsamic vinegar

2 tablespoons Worcestershire sauce

1/2 teaspoon pepper

8 dinner rolls, split

In a large skillet, brown the sausages on all sides, about 5 minutes. Reduce the heat to medium-low. Add the water. Cover and cook for 10 to 15 minutes or until a thermometer reads 160 degrees. Remove from the pan. Keep warm.

In the same pan, heat the oil over medium-high heat. Add the peppers and onions. Cook and stir until tender.

Add the brown sugar, vinegar, Worcestershire sauce and pepper. Cook 5 minutes longer or until the vegetables are coated.

Cut each sausage lengthwise in half, then crosswise in half.

Serve in the rolls with the pepper mixture.

Per Serving (excluding unknown items): 687 Calories; 42g Fat (54.8% calories from fat); 22g Protein; 55g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 1205mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 7 Fat; 1 Other Carbohydrates.