
Sausage and Peppers

Marie Merketch

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Servings: 6

6 pounds Italian sausage
8 bell peppers, cubed
2 large onions, chopped
1 cup soy sauce
1 tablespoon garlic powder
1 tablespoon onion powder
pepper

Preheat the oven to 400 degrees.

Place the sausage in a roasting pan. Add enough water to cover the bottom of the pan. Roast in the oven for 30 minutes or until the sausage is golden brown. Remove and drain the fat.

Cook the peppers and onions in water until tender. Cut the sausages into bite-size pieces and return to the pan.

Add the soy sauce and one cup of water from the pepper and onion pan. Place the drained peppers and onions over the sausage. Add the garlic and onion powders and pepper to taste.

Return to the oven for an additional 15 minutes.

Pork

Per Serving (excluding unknown items): 1661 Calories; 143g Fat (77.8% calories from fat); 69g Protein; 22g Carbohydrate; 4g Dietary Fiber; 345mg Cholesterol; 6067mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 3 Vegetable; 22 1/2 Fat.