

## SAUSAGE WITH PEPPERS AND ONIONS

*Recipe by Theitalianishblog.com*

PAIR WITH:

"WINFIELD VINEYARD"  
CABERNET SAUVIGNON



### INGREDIENTS

4 tablespoons olive oil  
1 pound sweet Italian turkey sausage  
1 red bell pepper, sliced into strips  
1 yellow bell pepper, sliced into strips  
1 large sweet onion, sliced  
3 cloves of garlic, minced  
1 teaspoon red pepper flakes  
1 cup chicken stock  
1 teaspoon oregano  
1 pound whole wheat pasta  
Parmesan cheese, to serve

### PREPERATION

- In a large fry pan, brown the sausages in 2 tablespoons of the olive oil.
- Cook, turning the sausages, until they are about half cooked through.
- Remove and set aside.
- Add the other 2 tablespoons of olive oil to the pan and add the onions and peppers for several minutes, stirring occasionally.
- Add the garlic, the red pepper flakes and the oregano.
- Slice the sausage into 2 inch pieces and add to the vegetables.
- Pour the chicken stock into the pan and cover.
- Cook for 5 to 7 minutes. Take the lid off and cook for a few minutes more, until the sausage is cooked through.
- Season to taste with salt and pepper.
- Meanwhile, boil the pasta until al dente. Drain and place on a large platter.
- Top with the sausage and peppers.
- Grate parmesan over and serve.