

Seasonal Eating



Italian Sausages with Sautéed Onions and Peppers

6 yellow onion
1/4 cup olive oil
2 red bell peppers, julienned
2 green bell peppers, julienned
2 cloves garlic, minced
1/4 cup white wine vinegar
1 tablespoon tomato paste
1/2 teaspoon red pepper flake
1 teaspoon kosher salt
1/2 teaspoon black pepper
8 Italian sausages
8 hot dog buns
mustard

Cut the onions in half and then slice them into 1/8" thick half-rounds (you will have about 10 cups of onions). Heat the olive oil in a large sauté pan over medium heat. Add the onions and sauté for 15 to 20 minutes. Add the peppers, garlic, vinegar, tomato paste, pepper flakes, salt and pepper and continue cooking an additional 10 minutes. In meantime, sauté or grill Italian sausages until browned on the outside and cooked through. Place sausages on hot dog buns and top with onion/pepper mixture and mustard.