

Reduction wine sauce Filet Mignon

reduction wine sauce Filet Mignon

Filet mignon, renowned for its buttery tenderness and mild flavor transforms into something extra special when paired with a luxurious wine reduction sauce. This simple yet elegant addition combines the bold richness of red wine with shallots and fresh herbs creating a sauce that enhances the steak's natural juiciness. A wine reduction sauce is surprisingly easy to make. With just a few high – quality ingredients and a bit of patience, you can make a dish that is restaurant- worthy. Pair your filet mignon with this sauce and serve with roasted vegetables and creamy potatoes for a meal perfect for special occasions or when you want to indulge.

Three tips for perfect reduction wine sauce filet mignon

1. Allow your filet mignon to come to room temperature for about 30 minutes before cooking. This ensures even cooking, and a perfectly seared crust and a juicy interior.
2. Season generously both sides of the steak . Use a heavy bottomed skillet like cast iron. Preheat it well before adding the oil . Sear the the filets 4-5 minutes per side for medium rare and a beautiful crust. Cook longer or shorter for your desired doneness. Let the meat rest to retain juices before slicing.
3. After searing steaks deglaze the pan with the wine ,

scraping up the flavorful bits. TIME MANAGEMENT. In the restaurant we used to say “timing is everything” and timing is everything when your cooking time

Ingredients

- 2 filet mignon steaks (6-8 oz. each)
- Salt and freshly ground pepper
- 2 Tbsp. olive oil
- 6 Tbsp. butter divided
- 1 small minced shallot
- a few sprigs of rosemary and thyme
- 1 cup red wine
- 1 cup beef stock

Instructions

1. Start by patting the steaks dry with paper towels. Then generously season both sides with salt and pepper.
2. Heat a cast- iron skillet over medium high heat until smoking hot. Add the olive oil and let it shimmer. Place the steaks in the pan and sear for 4-5 minutes pre side for medium rare.
3. Add 2 Tbsp. of the butter tilt the pan and spoon the melted butter over the steaks for added flavor, while cooking.
4. Remove the steaks from the skillet tent with foil while preparing the wine reduction sauce.
5. In the same pan , add 2 Tbsp. of butter and the shallots cook until the shallots are soft and fragrant (4-5 minutes). Add the red wine and beef stock scrap up the brown bits from the bottom , add the rosemary and thyme and let it simmer until reduced by half about 10 minutes. Then whisk in the remaining 2 Tbsp. of cold butter cubes to create a glossy finish.
6. Slice the steaks on a diagonal pour the sauce over it.

ENJOY!!!!

Meatball Sunday sauce

Meatball Sunday sauce

There's something special about Italian Sundays, and meatball Sunday sauce where life slows down, and the kitchen becomes the heart of the home. For many Italian families, including my family, Sundays and sauce go together like peanut butter and jelly. Sunday sauce- a tradition that speaks to generations of love, warmth and togetherness. My easy and quick version, with tender, flavorful, meatballs is tribute to those cherished moments and the joy of sharing good food with loved ones. It's more than just a meal-it's a ritual, an experience, and for many, a tradition passed down through generations.

Sunday sauce doesn't have to be an all-day affair to feel like a special home-cooked meal. My version is designed for the modern home cook- easy to make, quick to assemble, with just 1 1/2 hours of cook time. It's a perfect recipe to prep ahead of time. With tender meatballs and a rich tomato sauce, this Meatball Sunday sauce recipe delivers all the flavor of a traditional Italian Sunday meal without hours in the kitchen.

Why this Meatball Sunday sauce is perfect for busy days

Minimal prep: The ingredients are straightforward and easy to find, no need for fancy techniques or equipment.

Quick Assembly: With a streamlined process, you can have the sauce simmering and the meatballs prepped in under 30 minutes.

Make-ahead friendly: Both the meatballs and the sauce can be prepared ahead of time and stored in the fridge for three days or frozen for up to three months. And then reheated for an effortless ready made meal that taste like you spend the whole day cooking.

Versatile: This Sunday sauce can be served over pasta, polenta, or even on it's own with a side of crusty bread.

Meatball Sunday sauce doesn't have to be complicated to feel special- this recipe proves that a hearty, flavor meal can come together easily. Whether you enjoy it just made or make ahead, this dish is guaranteed to bring joy and Italian tradition to your table.

If your looking for more authentic easy Italian Recipes try my easy Sicilian Potato Salad (no Mayo) for an easy side dish everyone loves, Or Acqua Pazza "fish in crazy water, or a light healthy dinner that comes together in minutes

Ingredients For the Meatballs

- 2 eggs
- 1/3 cup milk
- 1 cup day-old bread, crust removed (or 1 cup plain breadcrumbs)
- 1/3 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- 1 Tbsp. finely minced garlic + 1 teaspoon garlic powder
- 1/4 cup finely chopped onion + 1 Tbsp. onion powder
- 1 Lb. lean ground beef
- Salt and pepper to taste
- INGREDIENTS FOR the Sauce
- 2 Tbsp. olive oil
- 1 small onion

- 1 handful
- Italian parsley
- 3 cloves of garlic
- 2 San Manzano 14 oz. crushed tomatoes
- 1 San Manzano 14 oz. can tomato sauce
- 1 Tbsp. oregano
- 1 cup water from rinsing out the tomato cans
- A few fresh basil leaves
- 1 Tbsp. butter

Instructions

1. Start by making the sauce. Chop the onion, garlic and Italian parsley into almost a paste. Then in 2 Tbsp. of olive oil over medium high heat saute the paste until soft and fragrant.
 2. Add the tomatoes rinse out the cans with a little water and add to the stock pot. Bring to a slow simmer. cover and simmer for 1 hour. In the meantime make the meatballs: Preheat your oven to 375- degrees In a bowl add the eggs, milk, cheese and bread. Let sit for 10 minutes. Then add the rest of the meatball ingredients except for the ground beef and mix until well combined. Then add the ground beef, and mix just until well mixed. With wet hands form the meat into golf size balls. You should have 10 meatballs with this amount of ingredients.
 3. Bake the meatballs on a parchment lined cookie sheet for 10 -12 minutes or until just beginning to brown.
 4. After the sauce has been simmering for 1 hour. Add the baked meatballs and simmer the Sunday sauce for 1 hour longer. Add 1 Tbsp. of butter for a rich finish, and fresh basil. ENJOY!!!!
-

Sausage mushroom sauce polenta

Sausage mushroom sauce polenta

If your looking for the ultimate comfort food that's both hearty and delicious, sausage mushroom sauce polenta is what to make. This dish is the epitome of rustic Italian cooking, blending savory spicy sausage, earthy mushrooms, and velvety polenta into a meal that warms your heart and soul. Whether served as a casual family meal or Saturday night dinner with friends, it's a guaranteed hit.

Tips for making sausage mushroom sauce polenta

1. Choose the right sausage and mushrooms: When I make this dish i like using spicy Italian sausage for it's bold flavors, and pairs well with cremini mushrooms. The sausage adds a savory depth, while the earthy mushrooms balance the richness. of course you can use any mushroom that you prefer or mild Italian sausage. A splash of red wine makes the sauce even more flavorful- trust me, it's worth it.
2. Slow cooked polenta is key: polenta reminds me of my Italian childhood- it's comfort food through and through. Stirring the polenta slowly and consistently ensures it turns out creamy and lump-free. Adding parmesan makes it indulgent. the way my family used to enjoy
3. Layer flavors: One trick I learned is to season each

layer. Saute the sausage and mushrooms with onion and garlic , then let the sauce simmer gently. This brings out deep, complex flavors that makes this dish delicious and unforgettable. Enjoy every moment while making this- it's one of those meals where the love you put into it really shines through!!!

Ingredients

- 2 Tbsp. olive oil
- 1/2 lb. sliced cremini mushrooms
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 lb. spicy Italian sausage crumbles
- 1/2 cup red wine
- 2 cups marinara sauce
- salt and pepper to taste
- INGREDIENTS FOR THE POLENTA
- 2 cups chicken or vegetable stock
- 1 cup milk
- 1/2 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 cups polenta
- salt and pepper to taste

Instructions

1. Start by making the sauce in a saute pan over medium high heat, in the olive oil cook the mushrooms until beginning to brown. Then add the onions and garlic and continue cooking until soft and translucent.
2. Then add in the sausage cook until brown. Deglaze the pan with the red wine, waiting until it evaporates before adding in the marinara sauce and simmer for 15-20 minutes. In the meantime make the polenta.

3. In a sauce pan add the stock and milk. Bring to boil , then lower the heat to a simmer. Slowly add in the cornmeal, stirring continuously. When the polenta begins to thicken about 10 minutes , add in the grated parmesan, parsley, salt and pepper. Adjust the consistency, if to dry add more stock. It should be the consistency of mash potatoes. Add in the Italian parsley. Continue cooking for 5 minutes longer.
 4. Spread the polenta on a platter top with the sausage mushroom sauce top with additional parmesan top with chopped Italian parsley. ENJOY!!!
-

Italian Stracotto Italian pot roast

Italian Stracotto pot roast

Italian Stracotto pot roast is a recipe common in most regions of Northern and Central Italy. Stracotto which translates to overcooked in Italian is a tender, slow cooked pot roast. It's the kind of dish the fills your kitchen with that irresistible warm aromas , drawing everyone to the table in anticipation.

Unlike a typical roast that might be seared and cooked quickly, stracotto embraces the art of slow cooking. The result is a piece of meat so tender it practically melts in your mouth, full of deep , rich flavors of the cooking liquid. Traditional make with cuts of beef chuck or beef brisket that thrive in a long, slow braise. It's the kind of meal that

brings people together, the kind you linger over with a glass of wine and good conversation.

Why I love this Italian Stracotto pot roast

This recipe is so lovable because it's a perfect blend of simplicity, tradition and comfort. Stracotto celebrates the art of slow cooking where time transforms humble ingredients into something extraordinary. The tender beef, infused with flavors of wine, herbs and tomatoes feels like I am a little girl in my mothers kitchen.

What I like most is how easy and versatile this pot roast recipe is. With just 15 minutes of prep time and 3 hours of cook time you have a meal that's steeped in tradition and it's delicious. Not only is it easy to make it's versatile too. You can serve it with polenta, mashed potatoes or even pasta to soak up the rich savory sauce.

For me Italian stracotto pot roast isn't just a meal , it's a connection to family, tradition, and the simple joys of Italian cooking. Every bite has the flavors of my childhood , and I love that it can create those same cherished memories for others. Whether served on a special occasion or as a hearty Sunday dinner, Italian stracotto pot roast is a timeless recipe that showcases the warmth and love of Italian cooking. Try it for yourself, and let me know your experience with this recipe. I love hearing from you and it helps others . THANKS!!!

Ingredients

- 3-4 Lbs. chuck roast
- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 Tbsp. minced garlic

- 1 cup each chopped onion+ carrots + celery
- 1 cup red wine
- 3 cups beef broth
- 1 14 oz. can crushed tomatoes
- a few sprigs of rosemary, thyme and a few bay leaves
- salt and pepper to taste

Instructions

1. Start by salt and peppering the meat. Then in a dutch oven in the olive oil over medium high heat sear the meat on all sides.
2. Remove and in the same pot add the pancetta and cook until crisp . then add in the carrot, celery and onions and cook until soft and translucent.
3. deglaze the pan with the red wine waiting until it evaporates before adding the beef stock. Then add in the stock, marinara sauce , the herbs and return the meat back to the dutch oven.
4. Simmer covered for 2 1/2 -3 hours or until the meat is fork tender. ENJOY!!!!

Italian baked stuffed
eggplant

Italian baked stuffed

eggplant

When I was growing up , my mother would make this incredible Italian baked stuffed eggplant. It was one of those dishes that filled the house with the warm, familiar comforting aromas of garlic, herbs and bubbling cheese. For her it wasn't just about creating a meal, it was about bringing the family together.

I still remember standing on tiptoes to peek into the kitchen watching her scoop out the eggplants with such precision that even as a child somehow I knew she had done it many times before. She always said the secret was in the balance of the ingredients- the sweetness of the roasted eggplant, the heartiness of the Italian sausage and the creaminess of the cheese. It was a dish that transformed humble ingredients into something delicious.

Today , I'm sharing my mother's recipe with a few modern twist of my own. This dish is my way of keeping those cherished memories alive and sharing them with my own family – and now with you.

Tips for an easier Italian baked stuffed Eggplant recipe

1. Use small eggplant: Opt for baby eggplant or smaller globe eggplants. They require less scooping and cook faster.
2. Skip the Pre- salting: Modern eggplants are usually less bitter, so you can skip salting them to save time.
3. Pre-cook the eggplant shells: Roast the hollowed -out eggplant halves before stuffing. This softens the flesh reducing cook time.
4. Simplify the filling: Use pre- cooked or leftover rice.
Also this Italian stuffed eggplant recipe can be made

ahead of time making it the perfect option for busy schedules or holiday entertaining. To prepare in advance, assemble the stuffed eggplant by hollowing them out, preparing the filling and stuffing the shells. Cover and store the assembled eggplants in the refrigerator up to a day ahead. When ready to cook, transfer them to baking dish cover with foil and baking as directed, adding a few extra minutes if baking directly from the cold refrigerator.

Ingredients

- 4 small eggplant
- 3 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 small chopped onion
- 2 Italian sausage links casings removed
- 2 cups cooked rice
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- 1 cup shredded mozzarella
- 2 cups marinara sauce

Instructions

1. Pre heat your oven to 400- degrees
2. start by cleaning the eggplant. Then cut in half with a paring knife remove the flesh from the eggplant being sure to not to cut through the skin. Then drizzle with half the olive oil. salt and pepper to taste.
3. Pre bake the eggplant shells in a preheated 400- degree oven for 12-15 minutes. or until softened.
4. In the mean time prepare the filling. In a large saute pan in the remaining olive oil cook the onion and garlic until soft and translucent. Then add in the sausage and

cook until brown. Breaking it up as you go.

5. Remove from the fire and mix in the cooked rice, egg, half of the grated parmesan , one cup of the marinara, egg, parsley, salt and pepper. Mix well.
6. Divide the filling among the prebaked eggplant shells top each one with the remaining marinara , grated parmesan and the shredded mozzarella.
7. Re bake the filled eggplant for an additional 15 minutes. Turning on the broiler the last 5 minutes. Top with additional fresh Italian parsley. ENJOY!!!

Creamy Italian sausage risotto

creamy Italian sausage risotto

Creamy Italian sausage risotto. The perfect marriage of savory sausage , creamy Arborio rice, and Italian herbs is the perfect dish for cozy nights or special gatherings. This recipe combines the earthy flavor of Arborio rice with in a the savory richness of Italian sausage, simmered in a flavorful broth and finished with a touch of cream. Whether you're a seasoned risotto lover or trying it for the first time, this dish is a foolproof way to elevate your table.

Three tips for success when making

creamy Italian sausage risotto

1. Warm your broth: Always warm your broth to maintain the temperature of the risotto. Adding cold broth slows the cooking process and makes the risotto less creamy . Keep the broth on low heat in a separate pan and add it a ladle at a time, while stirring.
2. Toast the rice: before adding any liquid lightly toast the rice along with the sausage. This step enhances the nutty flavor and helps the rice hold it's texture as it absorbs the broth.
3. Stir often: Stir often, stirring releases the starch from the rice, creating a creamy consistency. Creamy Italian sausage risotto is a comforting and flavorful restaurant quality dish that brings the heart of Italian cooking to your table. Simple, satisfying and sure to impress- enjoy every delicious bite.

Ingredients

- 2 Tbsp. olive oil
- 1 small chopped shallot
- 1 Tbsp. minced garlic
- 1/2 lb. Italian sausage casings removed
- 2 cups Arborio rice
- 1 cup white wine
- 5 cups chicken stock warmed
- 1 cup grated parmesan cheese
- 1/2 cup heavy cream
- 2 Tbsp. butter
- 2 Tbsp. chopped Italian parsley

Instructions

1. In the olive oil over medium high heat cook the sausage in a large saute pan over medium high heat until brown ,

breaking it up into small crumbles as it cooks. Add the garlic and cook until soft.

2. Then add the rice and toast for a few minutes
 3. Deglaze the pan with the wine waiting until it evaporates, then beginning adding the warm broth by ladle full while stirring continuously and waiting until it evaporates before repeating the process until all the chicken stock is added . this process will take 15 -20 minutes.
 4. Once the rice is fork tender and creamy stir in the parmesan, heavy cream, Italian parsley, and butter. Mix until well combined and heated through .
 5. Adjust your seasonings top with more parmesan and parsley. ENJOY!!!!
-

Stove top pot roast

Stove top Pot roast

This easy stove top pot roast makes a delicious dinner, perfect for family meals or holiday dinners. With melt in your mouth juicy beef cooked with potatoes and carrots until tender in a flavorful beef gravy.

When it comes to comfort food nothing beats a hearty pot roast. This easy stove -top pot roast is a timeless classic, every bite will melt in your mouth. It's the kind of dish that fills your kitchen with warm inviting aromas. Perfect for serving over mashed potatoes, pasta or with crusty bread.

Why You will love this stove top pot roast recipe

Simple ingredients; You only need a handful of pantry ingredients and fresh produce to create a delicious meal

One-pot wonder: Everything cooks together in one pot with just 15 minutes of prep time and 2 1/2 hours of cook time.

Delicious flavor: The beef slow cooks to tender perfection, while the potatoes and carrots soak up all the self make gravy.

This stove-top pot roast is proof to the magic of slow-cooked meals that fill your home with warmth. Whether you're serving it for a cozy family dinner or a special occasion , this hearty dish is sure to impress family and friends. If you try this recipe, let me know how it turns out- I would love to hear your thoughts. Happy cooking!!!!

Ingredients

- 3 Lb. piece of chuck roast
- 2 Tbsp. olive oil
- 2 onions sliced
- 3-4 cloves of garlic
- 1 cup red wine
- 4 cups beef broth
- 1 cup marinara sauce
- a few bay leaves
- 4 large carrots peeled and cut into large pieces
- 4 medium potatoes cut in half
- salt and pepper to taste

Instructions

1. Salt and pepper the meat Then in a dutch oven over medium high heat in the olive oil sear the meat on all sides. Remove and set aside
 2. In the same pan add the onion and garlic cook until soft and translucent. Deglaze the pan with the red wine. Waiting until it evaporates before adding the beef stock, bay leaves and marinara sauce.
 3. Return the meat to the dutch oven cover and simmer for 2-2 1/2 hours. or until the meat is fort tender. Then add the carrots and potatoes and cook for an additional 15 – 20 minutes or until the vegetables are fort tender. Top with fresh Italian parsley. ENJOY!!!!
-

Spicy sausage and broccoli Shells

Spicy Sausage and broccoli shells

Spicy sausage and broccoli shells is a classic Italian pasta dish that's so easy to make. You'll love that this hearty meal comes together in less than 30 minutes and uses just a handful of ingredients you probably have on hand. It's the perfect weeknight family meal when you want Italian and easy too. It's a delicious easy recipe , combining savory , spicy Italian sausage, crisp broccoli and el dente cooked pasta in a delicious pan sauce packed with flavor , this sausage,

broccoli pasta recipe is the ideal meal for busy nights.

Why You'll love this spicy sausage and broccoli shell recipe

Quick and easy: Ready in less than 30 minutes, this sausage and broccoli pasta dish is perfect for busy weeknight family meals. Few ingredients and simple steps means it's as easy as it is delicious.

Bold and savory flavors: The sausage brings a robust, spicy kick, perfectly balanced by the earthy bitterness of the broccoli.

Nutritious and filling: With the protein from the sausage, fiber and vitamins from the broccoli, and the satisfying carbs from the pasta, this dish is filling and packed with good for you ingredients.

Customizable: You can easily customize this pasta recipe by controlling the spice level by choosing a mild, medium or hot sausage or even add or subtract the red pepper flakes. And of course the pasta shape is always optional, although I prefer a short pasta shape, you can use whatever shape fits your taste.

Family- friendly: It's one of those dishes that both kids and adults will enjoy, and you can sneak in extra veggies without much fuss.

This is the kind of meal that's simple enough for weeknight meals, but flavorful enough for Saturday night dinner with friends.

Ingredients

- 1/2 Lb. pasta
- 4 cups trimmed broccoli florets
- 2 links spicy Italian sausage casings removed
- 3 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 Tbsp. red pepper flakes
- 1 cup chicken stock
- 2 cups pasta water
- grated parmesan cheese

Instructions

1. Start by cooking your pasta *al dente* reserving 2 cups of the pasta water.
 2. In the mean time make the sauce in the saute pan over medium high heat in the olive oil saute the sausage until beginning to brown before adding the garlic and onion saute until the onion and garlic are soft and fragrant. Deglaze the pan with the chicken stock waiting until it evaporates before adding the pasta water. Then simmer the sauce until it thickens, about 15 minutes.
 3. Add the *al dente* cooked pasta. Then in the same pasta water cook the broccoli until fork tender. Mash some of the broccoli and add to the pasta. Adjust your seasoning. Top with grated parmesan cheese and Italian parsley. ENJOY!!!
-

Italian Chicken sausage scarpariello

Italian chicken sausage scrapariello

This Italian chicken sausage scarpariello recipe is the classic Italian-American shoemaker style dish of crispy chicken braised with sausage, peppers and onions. It is tangy, spicy and delicious. The name “scarpariello” is said to come from the Italian word for “shoemaker” the phrase is often associated with dishes that are humble, frugal and made with basic ingredients. It involves braising chicken and Italian sausage with simple pantry staples . It’s not about fancy presentation but about flavor and making the most out of minimal ingredients.

Variations for this Italian chicken sausage scarpariello recipe

Traditionally this Italian chicken sausage scarpariello recipe is made with bone-in skin-on chicken thighs because I wanted to lighten up the dish and also my family likes chicken breast I used boneless , skinless chicken breast.

You can also use chicken sausage in place of the pork sausage if that fits your taste. Add extra vegetables like mushrooms, or spinach or both for a heartier, veggie-packed version.

For a creamy variation add a cup of heavy cream to the sauce for a richer, creamier texture. You could also melt in some parmesan cheese to deepen the flavor.

These variations allow you to customize the classic flavors of this Italian chicken sausage scapariello to fit your lifestyle and taste while staying true to it's essence!!!

If you make this dish, please leave me a comment on your experience with this Italian classic recipe. I love hearing from you. It's my favorite part. And it helps others. THANKS!!!

Ingredients

- 2 lbs. chicken breast or bone in chicken thighs
- 2 -3 links spicy Italian sausage
- 1 sliced onion
- 1 red and 1 green sliced bell peppers
- 2-3 medium potatoes cut into medium dice
- 2 Tbsp. minced garlic
- 1 cup pickled cherry peppers hot or sweet + 1/2 cup pickling juice from the jar
- 1 cup white wine
- 1 cup chicken stock
- 2 Tbsp. chopped Italian parsley

Instructions

1. preheat oven to 375-degrees
2. Start by washing the chicken then pat dry salt and pepper the chicken.
3. Heat the oil in an oven proof skillet or dutch oven sear the chicken on all sides for 5 minutes or until golden remove the chicken and set aside. In the same add the sausage. Cook 3-4 minutes or until brown . Remove cut the sausage in half and set aside.
4. In the same pan add the onion, garlic and bell peppers. and potatoes cook for 3-5 minutes to soften slightly. Add the cherry peppers, the pickling juice, chicken stock and the white wine. Scrape up the brown bits from

the bottom of the pan. Then cook 5 minutes to reduce the liquid.

5. Add the chicken and the sausage back to the skillet.
 6. Set the skillet in the oven and bake for 20 – 30 minutes, until the chicken is cooked through.
 7. Top with the Italian parsley. ENJOY!!!!!!
-

Italian roasted sausage, peppers and potatoes

Italian roasted sausage, peppers and potatoes

There is something comforting about the hearty flavors of Italian roasted sausage, peppers and potatoes. This classic dish, rooted in simple ingredients, delivers a perfect balance of savory and sweet, with smokey sausage, tender potatoes and vibrant bell peppers roasted to a golden deliciousness.

Whether you are looking for an easy, quick one pan weeknight family meal or a crowd pleasing dish for gatherings, this sausage bake recipe captures the essence of rustic Italian cooking.

Why I love this Italian Sausage, peppers and potato recipe

First this recipe is easy to make. It's one pan meal. Those are always the best recipes if you ask me. Italian Sausage

peppers and potatoes is a versatile recipe . It can be customized to fit different taste and occasions.

- You can use sweet, mild or spicy Italian sausage. Or if you want a healthier version try Italian chicken sausage or even plant based sausage if you want a vegetarian option. While bell peppers and potatoes are traditional, you can substitute or add vegetables like zucchini, eggplant or even sweet This roasted potatoes and sausage bake can be served as a stand alone meal, or you can serve it it along side, pasta, rice ,over mashed potatoes or in a hoagie roll for a hearty sandwich.

Because of this variations Italian sausage, peppers and potatoes can be served at casual family dinners or special gatherings. It's the perfect meal prep recipe, as you can assemble it ahead of time and roast when you are ready to serve. Enjoy this recipe and please leave me a comment on your experience with the recipe. I love hearing from you. It's my favorite part!!! THANKS!!! If you like one pan meals try this stove top sausage and peppers recipe.

Ingredients

- 4 Italian sausage links
- 4 medium potatoes peeled and sliced into wedges
- 1 red and 1 green sliced and seeds removed
- 1 sliced onion
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flake
- 1 Tbsp. Italian seasoning

Instructions

1. start by preheating your oven to 400-degrees
2. In a bowl add the sausage, potatoes, peppers, garlic and onion. Add the olive oil, Italian herbs, red pepper

flakes and salt and pepper to taste. Mix with your hands until well combined. Transfer to a cookie sheet or oven proof casserole dish and bake.

3. Bake 30 minutes or until the vegetables and potatoes are tender and the sausage golden brown. Serve with crusty Italian bread. ENJOY!!!!