

Balsamic Sausages and Mixed Peppers

PREP TIME:

5 minutes

COOKING TIME:

LOW: 8 hours or
HIGH: 3 1/2 hours

SERVES:

6

INGREDIENTS:

1 tbsp olive oil
1 lb Italian sausage
1 1/2 cups / 1 large red onion, halved & sliced
1 packet of Mediterranean blend
2 bell peppers: 1 red & 1 green, halved and sliced
1 x 8 oz can tomato sauce
3 tbsp balsamic vinegar
1 French baguette

PREPARE:

heat oil in a skillet on medium: brown sausages for 2 minutes; add onions to sausages in skillet: sauté for another 2 minutes

transfer sausage mixture to slow cooker

sprinkle Mediterranean blend over sausages, add peppers, stir in tomato sauce and balsamic vinegar

cover and cook on LOW for 8 hrs or HIGH for 3 1.2 hrs

serve on top of baguette, freshly sliced lengthwise

