

Italian Sausage Vegetable Skillet

Servings : 4

Amount	Measure	Ingredient - Preparation Method
6		Italian sausages
1		red bell pepper - sliced
1	small	red onion - sliced
4	cloves	garlic - minced
		salt and pepper
4	large	ripe tomatoes - diced
2	tablespoons	crushed tomatoes
1/2	cup	chicken broth
1/2	teaspoon	chile pepper
1	teaspoon	italian seasoning
2	teaspoons	fennel seeds - crushed
1		scallion - sliced
		fresh basil - chopped

Heat a bit of oil in a lartge skiller over medium heat. Add sausages and cook until browned on all sides. ou can add 1/4 cup water so they don't blacken and stick to the pan. When the sausages are almost cooked, transfer to a cutting board.

In the same skillet, remove water but keep brown bits, add 1 tablespoon oil and saute onions with crushed fennel seeds, chile flakes and Italian seasoning. Add the garlic, ground tomato and saute for 1 or 2 minutes, stirring constantly. Add bell pepper and diced tomatoes and cook until crisp-tender. Stir in broth and cook for another 1-2 minutes. Season with salt and pepper.

Slice sausage into 1/4 to 1/2 inch pieces and add back to skillet. Cook for 5-10 minutes, until sausage is cooked through and sauce is thickened.

Adjust seasoning, garnish with basil, scallions and parmesan. Serve on hoagie buns, tacos, rice or pasta.