



# Italian Sausage and Peppers

NIBBLEDISH CONTRIBUTOR

## Ingredients

2 Italian sausages, cut into three pieces each

1 sweet red pepper cut into 1" strips

1 green bell pepper cut into 1" strips

1/2 small onion, cut into 1" strips

1 clove of garlic, minced

cheese grits

## Instructions

Heat a skillet and brown the sausages, add the peppers, onion, and garlic.

Saute until sausage is cooked through and vegetables are tender and slightly caramelised.

serve over cheese grits and garnish with chopped Italian parsley and chives.

---