



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVING SIZE
4 SERVINGS

- Add 3 tbsp olive oil, sausage, garlic and onion to nonstick skillet.
- Cook over medium heat until the sausage is lightly browned, stirring occasionally.
- Add diced peppers and 3 tbsp of olive oil. Stir to combine.
- Cover and saute until peppers are soft and slightly browned, stirring occasionally.
- Add Italian seasoning, salt and pepper, stir to combine.
- Add balsamic vinegar and stir to combine.
- Cook, uncovered, until vinegar is thickened and the sausage/vegetable mixture is evenly coated, about 3-5 minutes.
- Serve over pasta and sprinkle with parmesan.

BALSAMIC ITALIAN SAUSAGE AND PEPPERS OVER LINGUINE

- 1LB MARCELLOS ITALIAN SAUSAGE
 - (Sweet or Hot), Sliced
 - 1 cup onion, diced
 - 1tbsp minced garlic
 - 6 tbsp olive oil divided
- 4 bell peppers, assorted colors, diced
 - 1tbsp Italian seasoning
 - 4 tbsp balsamic vinegar
 - Salt and pepper to taste
 - 1LB Linguine
- Shredded Parmesan for serving

