



Weekly Feature: Italian Sausage **A marvelous slow cook Italian meal**

Salsiccia Lenta

- **1 tablespoon olive oil**
- **3 lbs Pork & Greens mild Italian sausage**
- **2 red onions, cut in half then sliced very thin**
- **2 red bell peppers, quartered then cut into thin slices**
- **2 green bell peppers, quartered then cut into thin slices**
- **2 cloves garlic, finely chopped**
- **1 14 oz. can crushed tomatoes**
- **1 tablespoon tomato paste**
- **1 teaspoon fennel seeds**
- **1 teaspoon salt**
- **1/2 teaspoon freshly ground black pepper**

- 1. Heat the olive oil in a large frying pan.**
- 2. Add the sausage and brown over high heat.**
- 3. Transfer the sausages to the slow cooker.**
- 4. Cover the sausages with the onions, peppers, garlic, crushed tomatoes, tomato paste, fennel, salt, and pepper.**
- 5. Cover and cook on low 5-7 hours.**
- 6. If the mixture has a lot of liquid near the end of cooking, turn the slow cooker to high and set the lid a little to the side so that the excess water evaporates.**
- 7. Serve over hot polenta, pasta, or on crispy Italian buns!**