



## **Pasta with Spicy Italian Sausage** by Drew Brown

This is a simple recipe for preparing Firsthand Foods' Italian Sausages at home.

### *Ingredients*

Firsthand Foods Italian Sausages  
Cooking oil  
Onions  
Peppers  
Garlic  
Salt and pepper

### *Instructions*

Heat a sauté pan on medium heat. Add just a little bit of oil, enough to very thinly coat the bottom of the pan. The sausage will render out some fat, so just a little bit is needed.

Add desired number of Firsthand Foods' Spicy Italian Sausages. Slowly cook them until a deep golden brown on all side. This method is going to end up with a sausage simmered in a liquid, but they are still browned in order to impart a desirable caramelized flavor.

Once the sausages have reached 145°, remove them from the pan to a plate or cooling rack. There should be a delicious looking pool of reddish fat left behind in the pan. The color is from the paprika in the sausages and the deliciousness is because it's pasture-raised, local pork!

Add to this pan some sliced onions, peppers, and garlic. Cook over medium heat until everything has softened. Add a can of tomato puree and simmer for about 20 minutes. Add the sausages back to the pan and simmer for another 10 minutes or so. Season the sauce to taste with salt and fresh ground pepper.

This can be served over pasta, rice or cous cous. Enjoy!