



# Red Pepper Gravy & Sausages

## directions

1. Brown sausages in a large skillet, turning as they cook, until done and a little bit crispy. Remove to drain on paper towels.
2. Keeping sausage drippings in the pan, over medium heat saute onions, red bell peppers & garlic until softened. Season with salt and pepper. Stir in Worcestershire sauce & nutmeg until well blended. Sprinkle flour over the vegetables and stir to mix, cooking and stirring for about 2 minutes.
3. While stirring slowly pour in chicken broth and milk. Mixture will start to thicken into a gravy quickly. Turn heat to simmer and continue to cook about 4-5 minutes. Stir in half the chopped parsley and remove from heat. Taste and adjust seasonings.
4. Serve a few links of sausage on toasted bread (biscuit or muffin), topped with a generous portion of red pepper gravy and another sprinkle of parsley.



4 - 6

*servings*

15 min

*prep time*

15 min

*cook time*

## to serve

If you are not serving gravy immediately, cover with a skillet lid or foil and keep on warm burner.

## ingredients

12 oz pkg Swaggerty's Farm Premium Sausage Links

1/2 cup diced yellow onion

1 red bell pepper, diced (about 1 cup)

2 garlic cloves, minced

Salt and black pepper to taste

1 generous teaspoon Worcestershire sauce

1/4 teaspoon ground nutmeg

1 tablespoon all purpose flour

1 cup low sodium chicken broth

1 cup whole or 2% milk

A few stems of Italian parsley chopped (or regular curly parsley)

Toast suggestions: Thick slices of Texas Toast with butter & garlic /English Muffins toasted or even your favorite biscuits

Pairs well with: Spinach, tomatoes, coffee

Special Kitchen Tools: N/A