



SAUSAGES & RAINBOW PEPPERS

SUBMITTED BY: Georgia Kitching - Booking Clerk, Ambulatory/Endoscopy

We cook dairy free. This is a delicious combination of flavours & one of our favourites.

DIRECTIONS:

1. bake or bbq sausages
2. Prepare 1 cup rice 2 cups water cooking in separate pot
3. In large sauce pan gently brown the onion in olive oil and remove from pan
4. Add more olive oil to pan & brown the sliced rainbow peppers
5. Once cooked combine the onions & peppers
6. Serve over rice & enjoy
7. Sausage substitute: boneless chicken breasts

INGREDIENTS:

pkg Italian sausages(8-10)

rainbow peppers (4-6)

1 large sweet vidalia onion

Rice

Olive oil