



2 lb country Italian sausage

Spetzofai (Peppers and Sausage)

3 bell peppers, chopped (red, yellow, green)

2 chopped onions

1 tsp dried oregano

1 tsp garlic

3 tbsp olive oil (optional)

1 large ripe tomato (when in season) OR 1 cup diced canned tomatoes

2 tbsp wine (white or red)

Slice sausage and saute till brown. Add onions, peppers, tomatoes and spices until veggies are tender. Add wine last. Cook about 20 minutes. Stir constantly. Serve over rice.