



### **SAUSAGE AND PEPPER SUBS**

*Prep: 5 min, Cook: 15 min.*

- 1 lb. Italian link sausage, pricked with a fork
- 1/2 cup dry white wine or water
- 1/2 cup water
- 1 cup purchased spaghetti sauce
- 1 tsp. olive oil
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 4 submarine rolls, split
- 1/2 cup shredded fat-free mozzarella cheese



Bring first 3 ingredients to a boil in heavy nonstick pan over high heat. Reduce heat to medium low, cover pan and cook 5 minutes. Uncover, raise heat to medium and cook 5-7 minutes, turning sausages occasionally, until most of liquid is evaporated and meat is cooked throughout. Transfer sausages to a platter with tongs. Pour remaining liquid into spaghetti sauce. Add oil to same skillet over medium high heat. Cook onion and bell pepper 4 minutes, stirring occasionally, until softened and lightly browned. Cut sausages into 1/2 inch slices and return to skillet. Stir in spaghetti sauce and cook 1 minute, or until heated through. Serve meat on rolls and sprinkle with cheese.

**The recommended wines are: Beaujolais.**



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