
Baked Italian Sausage

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3 pounds sweet Italian sausage, cut into bite-size pieces

1 can (8 ounce) tomato sauce

3 medium onions, sliced

1/4 teaspoon basil leaves

3 green peppers, sliced

1 can (28 ounce) crushed tomatoes

1 can (4 ounce) sliced mushrooms

1/4 teaspoon oregano

1 tablespoon parsley, fresh or dried
cooked rice

Preheat the oven to 325 degrees.

Place all of the ingredients in a large baking dish. Mix well.

Bake in the oven for two hours. Stir occasionally.

Serve over rice.

Pork

Per Serving (excluding unknown items): 335 Calories; 2g Fat (5.0% calories from fat); 13g Protein; 77g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 1585mg Sodium. Exchanges: 0 Grain(Starch); 13 Vegetable; 0 Fat.