

Beef Bratwurst with Peppers and Onions

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Servings: 5

*5 four-ounce bratwurst links
(or mild Italian sausage)
1 package (10 ounce) sliced
fresh peppers and onions
1 can (12 ounce) beer (or
1-1/2 cups of water)
5 bakery hot dog buns
10 teaspoons deli-style
mustard, divided*

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the sausage in the pan. Cook for 4 to 6 minutes, turning often, or until browned. Add the pepper/onion mix. Cook and stir for 2 minutes .

Add the beer. Bring to a boil. Reduce the heat to medium-low and cover. Simmer for 15 to 20 minutes until the sausage is 160 degrees.

Slice the buns in half lengthwise, leaving 1/2-inch uncut. Spread two teaspoons of mustard in each bun. Top with the sausage and 1/2 cup of the peper mix.

Serve.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .