

# Italian Sausages with Peppers And Creamy Polenta

Often overlooked, Lambrusco is a bubbly red wine that pairs beautifully with a fatty meal such as an Italian sausage. Lambrusco has a more “rustic” flavor profile with fruity notes and a sweetness that make it a must-have for this dish. The simplicity of roasting tomato sauce makes this meal sing, while the creamy polenta helps to bulk it up.

## Ingredients:

Five Italian sausages, mild  
One large red onion, sliced  
Four assorted bell peppers, sliced  
Three garlic cloves, minced  
1 tablespoon butter  
One 14-ounce can plain tomato sauce  
¼ cup red wine  
¼ teaspoon oregano  
Salt and pepper to taste

## For the creamy polenta:

One 18-ounce tube pre-cooked polenta  
1 ½ cup milk  
2 tablespoons butter  
1 cup freshly shredded parmesan cheese  
¼ teaspoon garlic powder  
¼ teaspoon black pepper  
Salt to taste

## Directions:

Heat a frying pan over medium heat and add butter. Once melted, fry Italian sausages until dark on both sides. Remove from the pan and add onion. Cook, stirring occasionally, until onions start to caramelize and then add peppers. Continue cooking and stirring until the peppers are about halfway cooked. Add garlic and cook for 1 minute. Add tomato sauce, red wine, oregano, and the seared sausages and let simmer until the sausages are done (155 degrees F), about 20 minutes. Season with salt and pepper.

Meanwhile, make the polenta. In a medium saucepan, break up the polenta with a wooden spoon and add milk. Heat gently and continue breaking up polenta until it is hot. Once hot, use a whisk to stir in the parmesan cheese, butter, and seasonings. Whisk until fully incorporated and smooth. Keep warm.

To serve, spoon a pile of polenta onto the plate. Top with the tomato pepper sauce mixture and sliced Italian sausages. Serve hot with a glass of chilled Lambrusco and enjoy!



Pair with Lambrusco