

Brats with Peppers and Onions

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Serves 5

- 5 brats (or sausage/hot dog of choice)
- 2 bell peppers (red and yellow are nice), seeded, stemmed, and thinly sliced
- 1 onion (sweet or yellow), peeled and thinly sliced
- 1 teaspoon dried basil
- Unrefined Salt and Freshly Ground Pepper
- 3 garlic cloves, peeled and finely minced or put through a garlic press
- 2 tablespoons of fat (melted) or oil of your choice, heat safe.

1: Preheat oven or toaster oven to 400F.

2. Place all of the ingredients on a sheet pan, drizzle oil or melted fat over everything, and then toss to coat vegetables and meat evenly.

3: Place in oven or toaster oven and roast until the vegetables are soft and the sausage is completely cooked through (about 20 minutes - but it depends on the thickness of the sausage. A toaster oven will cook them faster). Ground meat products such as sausage should reach the temperature of 160F internally. I also like to see a little bit of browning on the sausage and vegetables.

4: Serve as desired, and enjoy!