



## HOW TO COOK STOVETOP ITALIAN SAUSAGES



*This is so easy and tasty. I cook extra and freeze it. Then I always have cooked sausages on hand. For a low-carb idea, sausages add a ton of flavor to zucchini or summer squash noodles.*

**Serves:** 5

**Cooking Method:** Stovetop

**Cooking time:** 30 minutes

**Difficulty:** Easy

**Number of ingredients:** 3

### **INGREDIENTS**

- 1 package of mild or hot **Italian sausages** in casings - about 5 sausages. I like to mix both hot and mild sausage. It's the best of both worlds.
- Teaspoon **olive oil**
- ½ - ¾ cup of **water**, chicken or vegetable broth

***DIRECTIONS***

1. Take the sausages out of the refrigerator about 15 – 20 minutes before cooking.
2. Wash the meat and dry it carefully - excess water can prevent browning
3. Heat the oil over medium-high heat.
4. Add sausages to the warm pan. Brown the sausages on all sides - turning occasionally.



5. Add about ½ cup of water to the pan and lower the heat. I like to use chicken broth for more flavor)
6. Cover the pan and let simmer over medium-low heat for about 20 minutes. The internal temperature of the meat should read 160 degrees F or 71.1 degrees C
7. Use the tongs to remove the sausages from the pan and set them on a paper towel to cool and remove excess grease.

## GOOD-LOOKING GRUB

### ***SERVING SUGGESTIONS***

Serve them on top of your favorite pasta, spiralized noodles, or rice. You can also slice the cooked sausage and add them to a stir fry or soup.



*Or you can pair the sausages with a side dish or your favorite vegetable(s) and carb of your choice.*

