

Italian Sausage Sandwich

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-sausage-sandwich-recipe>

Ingredients:

- 2 tablespoons canola oil
- 1/2 yellow onion – sliced
- 2 cloves garlic – minced
- 1 teaspoon dried oregano
- 1 tablespoon balsamic vinegar
- 1 red bell pepper – sliced
- 1 cup canned diced tomatoes
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 Italian sausages – hot or mild
- 4 hoagie rolls or brat buns
- fresh oregano leaves unchecked?, – optional

Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 170 milligrams
4. Fat: 80 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 26 grams
8. Sodium: 2450 milligrams
9. Sugar: 5 grams

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