



Mama P's
Recipes

Organic Gourmet Seasonings



Italian Sausage Peppers Onions Kabobs

Made with [Mama Organic Italian Seasoning](#)

This is one of Mama's favorite quick and easy barbecue treats for family and friend gatherings.

Ingredients:

- 1 pound Italian hot or sweet sausage links, cut in 1-inch pieces
- 1 large red (or yellow) bell pepper, cut in 1-inch pieces.
- 1 large green bell pepper, cut in 1-inch pieces
- 1 large red onion, cut in 1-inch pieces
- 4 tablespoons extra virgin olive oil
- 2 teaspoons [Mama Patierno's Organic Italian Seasoning](#)
- 1 teaspoon garlic powder
- 1 teaspoon garlic salt or if not available kosher salt
- 1 teaspoon black pepper
- 1 cup [Mama's Italian tomato sauce \(see recipe\)](#),
- Wooden skewers



How to make

1. Place wooden skewers in water for 15 minutes.
2. Fire up the grill.
3. On each skew add the green pepper, followed by the sausage, then onion, red pepper and green pepper and repeat ending with the green pepper.



How to make ~ Continued

4. Brush olive oil on each kabob and add [Mama's Italian Seasoning](#) to each kabob.
5. Add garlic powder, garlic salt or kosher salt and black pepper to each kabob.
6. Place on grill and cook for 5 minutes on each side.
7. With a brush add the tomato sauce a few minutes before you remove from the grill. Make sure the meat temperature is at least 160 F degrees or 71 C before removing from grill.

Other optional enhancements:

1. Add parmesan to each kabob after removing from grill but before serving.
2. Offer additional tomato sauce for dipping.

