



## The Golden Thimble's Blue Book Recipes

<http://www.thegoldenthimble.com>

### Smothered Sausage

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1 pound package of smoked sausage\*  
1 large onion  
1 large green pepper  
1 cup of shredded cheddar cheese  
Olive oil  
Salt and pepper to taste

\*I use Hillshire Farms Polska Kielbasa, but any smoked sausage will do!

Preheat your oven to 350 degrees.

Line a jelly roll pan (cookie sheet with sides) with some non stick foil, if you don't have any of that, then line with regular foil and spray with a non stick cooking spray.

Moisten a paper towel with Olive oil and rub generously onto the foil.

If your sausage is in a continuous piece then cut into 4 lengths. Now cross cut each piece but not all the way, leaving them lay open but not apart.

Lay sausage onto the foil keeping separated from each other.

Slice the pepper and onion and the divide into 4 piles. Lay each pile on top of each sausage that is lying open on the pan. Salt and pepper to taste and then drizzle with a little olive oil on each stack.

Put into preheated oven and bake uncovered for 15 minutes.

Take pan from oven and sprinkle ¼ cup of the shredded cheddar and stick back in oven to melt. Just a couple of minutes.

Makes 4 servings

This is a low carb recipe; each serving contains approx 10 carbs