

Homemade Italian Sausage

PREP TIME: 15 minutes

TOTAL TIME: 25 minutes

COOK TIME: 10 minutes

1 lb ground pork

1 † salt

1 † black pepper

1 † fennel seeds

1 † paprika

1/2 † crushed red pepper flakes

1/2 † garlic powder

1/2 † onion powder

1/2 † dried oregano

1/2 † dried basil

1/4 † dried thyme

1/4 † ground coriander

1/4 † ground nutmeg

1/4 C brewed Ceylon Sonata tea, cooled

1/4 C red wine (optional)

COMBINE INGREDIENTS: In a large bowl, mix the ground pork and all the spices until well combined. Stir in the brewed Ceylon Sonata tea and red wine, if using.

COOK SAUSAGE: Heat a skillet over medium heat. Add the sausage mixture and cook, breaking it up with a spoon, until browned and cooked through, about 8-10 minutes.

COOL AND EAT: Let the sausage cool slightly before eating.