

# *Idiot's Kitchen Recipe – Baked Italian Sausage with Peppers & Onions*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



## Ingredients:

Italian Sausage Links (about 1 ½ pounds or 5-6 links)  
Extra large onion – sliced  
1 Red Bell Pepper – sliced  
1 Green Bell Pepper – sliced  
2 Tablespoons Olive Oil  
Salt & Pepper

## For Cheesy Pasta:

¾ - 1 pound Spiral or Rotini Pasta  
2 Tablespoons Butter  
2 Tablespoons Flour  
1 ½ cups Milk (more if using 1 pound of pasta)  
1 heaping cup Parmesan or Romano Cheese – grated

Pre-heat the oven to 375 degrees.

Slice the onion and peppers and place them in a large (at least 9x13) baking dish. Toss the peppers and onions with 2 Tablespoons of Olive Oil. Season with salt and pepper. Top with Italian Sausage Links. Prick each sausage with a sharp knife a few times on both the top and bottom to release the juices.

Cover with foil and bake at 375 degrees. After 20 minutes remove the foil so that the sausages can brown. When the sausages have browned on the top, turn them over to brown both sides.

Cook sausages for 1 hour total.

Cook pasta in a large pot of salted, boiling water 8-10 minutes, drain and set aside.

Melt 2 Tablespoons of butter over medium low heat. Add 2 Tablespoons of flour and stir to make a roux. Gradually whisk in 1 ½ cups of milk, stirring to remove all the lumps. Add 1 heaping cup of grated Parmesan or Romano cheese and stir to combine and thicken. Stir in the pasta. More milk can be added if the sauce becomes too thick. If you're using a full pound of pasta, you might need to increase the amount of milk and cheese to make ample sauce for the noodles.