



Sausage Kabobs

from chelseasmessyapron.com

🕒 33 minutes 🍴 4 servings

Ingredients

1 package polish sausage

3 bell peppers, 1 each of yellow, red, and green. cut into 1-inch pieces

1/2 large red onion, cut into 1-inch pieces

10 large baby bella mushrooms, halved

4 tablespoons extra virgin olive oil

2 teaspoons dried oregano

1 tablespoon dried parsley flakes

1/2 teaspoon garlic powder

1 teaspoon paprika

fine sea salt and freshly cracked pepper

vegetable oil

optional: chopped flat-leaf italian parsley

Directions

- 1** If using wooden skewers, soak them in water for 20-30 minutes.
- 2** Cut the sausage into 1 to 1-1/2 inch thick coins. Cut the peppers and red onion into 1-inch pieces. Cut the large mushrooms in half.
- 3** In a large bowl, add all the cut veggies and sausage. Add olive oil, oregano, parsley, garlic powder, paprika, salt and pepper to taste. Gently stir to combine everything.
- 4** Add the veggies and sausage on the soaked skewers.
- 5** Preheat the grill to medium-high heat, about 450-500 degrees F.
- 6** Fold a paper towel into a small square. Gently soak in vegetable oil, and rub it along the cleaned and completely heated grill grates.
- 7** Place the skewers on the grill and close. Cook for 3-4 minutes and then flip on the other side and cook for another 3-4 minutes or until veggies and sausage are lightly charred.
- 8** Remove and if desired, serve with some fresh chopped parsley.