

RECIPE

Super Sausage Sub



Ingredients

- 1 pkg sausage meat
- 1 green pepper, cut into slivers
- 1 onion, sliced
- $\frac{1}{8}$ tsp pepper (0.5 ml)
- $\frac{1}{2}$ tsp paprika (2 ml)
- Sprinkle cayenne pepper
- 1 cup Ragu sauce (250 ml)
- Hot dog buns - as many as there are people in your group
- 1 cup grated cheddar cheese (250 ml)

Preparation

1. **Scramble-fry the sausage in the frying pan on medium for 10 minutes or so, using a wooden spoon to break up any large lumps.**
2. Add green pepper, onion, pepper, paprika and cayenne pepper. Scramble fry for another 10 minutes until the vegetables are tender-crisp and the sausage is no longer pink. Stir in the Ragu sauce. Cook for 3 minutes and remove from heat.
3. **Pull out tiny bits of bread from the soft center of the hot dog buns, making a shallow hollow. Divide the sausage mixture evenly among the bottom halves of buns. Top with cheese.**
4. **Variation: heat in microwave at 50% for 1 minute.**