



Homemade Italian Sausage Crumbles



Ingredients:

- 1 pound ground pork
- 1 tsp dried parsley
- 1 tsp paprika
- ½ tsp Kosher salt
- ½ tsp dried oregano
- ½ tsp fennel seeds or ½ tsp ground fennel
- ½ tsp garlic powder
- ¼ tsp dried rosemary crushed
- ⅛ tsp black pepper
- ⅛ tsp dried thyme
- ⅛ tsp red pepper flakes or to taste

Method:

1. Combine all ingredients in a large bowl and mix well.
2. Cover & refrigerate at least 4 hours or up to 24 hours.
3. Cook in a skillet until no pink remains.

Notes: Fennel seeds to give the sausage its signature flavor. You can use either whole or ground fennel (I use whole because it's usually what I have on hand)

This recipe ***can be doubled*** and half of the uncooked mixture can be frozen for future use.

Sausage can be formed into patties before cooking. Cook over medium heat about 4-5 minutes per side or until cooked through.

Optional add-ins

- 1-2 tsp brown sugar
- 1/8 tsp cayenne pepper
- 1/8 tsp smoked paprika