



Vitto Italian Sausage and Potato Casserole

- 1 small onion**
- 2 small green peppers**
- Pepper**
- 2 tbsp. Salad oil**
- 5 large potatoes**
- ½ tsp. salt**
- ¼ tsp. dried basil leaves**
- 6 Vitto Mild Italian Sausages**



Preheat oven to 350°F. Thinly slice the onion. Pare potato and onion in bottom of greased 1 ½ quart casserole. Wash green peppers, cut into rings. Remove seeds. Arrange on top of potato and onion in casserole. Sprinkle salt, pepper and basil. Pour salad oil and 1 ½ cup water over the peppers. Arrange Vitto Mild sausages on top. Cover tightly with foil. Bake 1 hour, or until potatoes are tender. Remove foil and bake 30 min longer (or until sausages are browned).

Makes 6 servings.



Vitto Pizza Sauce

½ lb Vitto Medium Italian Sausage
1 – 14 oz. can tomato sauce
Garlic powder
⅛ tsp. oregano
⅛ tsp. thyme
Pinch of salt
½ cup of Beer



Break up Vitto Medium sausage and fry in a little oil. Add garlic powder to taste. Add tomato sauce and follow with seasonings. Add your favourite beer. Simmer until done. Makes a great tomato sauce for a homemade or store bought pizza crust. Cover with favourite toppings. Cook in a 325°F oven until crust is golden brown on the bottom.

Will make 2 pizzas.



Vitto Hot Italian Sausage Spaghetti

1 Vitto Hot Italian sausage
1 Vitto Inferno sausage
1 yellow onion, chopped
2 cloves of garlic
¾ large (28 oz.) can of whole tomatoes
Olive oil
1 lb. (16 oz.) spaghetti pasta
Salt
Grated parmesan cheese



The Sauce: Take the Vitto Hot Italian and Inferno sausage meat out of the sausage casings. Break up into pieces and mix the sausage meats together. Brown the sausage meat in a large skillet on medium high or high heat with a little olive oil. In a separate skillet sauté the onions and garlic until the onions are translucent. Puree the tomatoes in a blender, add to the skillet with the sausage meat. Add the cooked onions and garlic.

The Pasta: Fill an 8-quart or larger stock pot at least half full with water and bring to a boil. Add a tablespoon of salt. Slowly add the pasta, stirring to prevent clumping. Allow the water to come to a boil again. Cook, uncovered, with a fairly vigorous boil, for as long as the directions on the pasta package say, usually about 10-12 minutes. When pasta is al dente (cooked but still a little firm), remove the pot from the heat. Add a cup or two of cold water to the pasta to stop the cooking. Drain the water from the pasta through a colander. Place the pasta in a serving bowl. Serve immediately. Garnish with grated Parmesan cheese.

Serves 4-6.



Vitto Inferno Sausage and Beef Chili

- 1 ½ lbs ground beef**
- ½ lb Vitto Inferno sausage**
- 1 cup onion, chopped**
- 2 – 15½ oz. can red kidney beans, drained**
- 1-28 oz. can diced tomatoes**
- 1 cup green pepper, chopped**



In Dutch oven brown beef, Vitto Inferno sausage and onion; drain out excess fat. Stir in beans, tomatoes, green peppers, celery, tomato paste, garlic, salt and chili powder. Cover; simmer 1 – 1½ hrs stirring occasionally.

Makes 10 – 12 servings

Note: If a less thick chili is desired, substitute one 8 oz. can tomato sauce for the tomato paste and do not drain the kidney beans.



Carrot and Potato Soup with Vitto Honey Garlic Sausage

**4 Vitto Honey Garlic Sausages
2 tablespoons margarine
2 onions, chopped
1 clove garlic, minced (use more)
5 cups chicken broth
3 cups diced carrots
3 cups diced potatoes
1 teaspoon Italian seasoning
1 bay leaf
Salt and pepper**



Saute onions & garlic in margarine until tender.

Add chicken broth, carrots, potatoes, Italian seasoning and bay leaf. Simmer, uncovered, until vegetables are tender, about 20-25 minutes. Brown Vitto Honey Garlic sausage in a large skillet on medium high or high heat with a little olive oil. Slice cooked sausage into coin shaped pieces, set aside. Discard bay leaf and puree soup. Combine soup and sausage in bowls. Season with salt & pepper.

Serves 8.



Vitto Sausage and Vegetable Stir Fry

- 1 lb. Vitto Herb & Garlic Sausage**
- 1 green pepper**
- 1 red pepper**
- 1 small cauliflower**
- 1/3 cup vegetable oil (75 ml)**
- 2 cloves garlic**
- 2 tbsp. soya sauce**
- 1/4 cup water**
- 1/2 tsp. powdered ginger**
- 1 tsp. chopped ginger root**



Cut Vitto Herb & Garlic into 2" sections. Seed peppers and cut into pieces. Separate cauliflower into small flouts. Heat half the oil into a wok or heavy frying pan over high heat. Finely chop garlic. Add sausages to wok and fry, stirring continuously for 3-4 min. Remove sausages when cooked; set aside. Add more oil if necessary. Stir garlic then vegetables into wok. Cook stirring over med-high heat. Add soya sauce, water and ginger. Cover and cook for 3 min. or until vegetables are crisp. Return sausages to wok to reheat. Serve with rice or pasta.

Makes 4 servings.



Vitto Bangers & Mash

- 8 large baking potatoes, peeled and quartered**
- 2 teaspoons butter, divided**
- ½ cup milk, or as needed**
- 1 ½ pounds Vitto English Banger sausage**
- ½ cup diced onion**
- 1 packet dry brown gravy mix**



Preheat the oven to 350°. Bring potatoes to a boil, and cook until tender. Drain, and mash with 1 tsp of butter, and enough milk to reach your desired creaminess. Continue mashing, or beat with an electric mixer, until smooth. Season with salt and pepper. In a large skillet over medium heat, cook Vitto English Banger sausages until heated through. Remove from pan, and set aside. Add remaining tsp of butter to the skillet, and fry the onions over medium heat until tender. Mix gravy as directed, and add to the skillet with the onions. Simmer, stirring constantly, to form a thick gravy. Pour half of the gravy into a square casserole dish so that it coats the bottom. Place sausages in a layer over the gravy. Pour remaining gravy over them, then top with mashed potatoes. Bake uncovered for 20 minutes in the preheated oven, or until potatoes are evenly brown. Serves 8



Vitto Hungry Man's Breakfast Casserole

- 1 pound Vitto G'Morn'n Breakfast Sausage (Pork)**
- 3 cups shredded potatoes**
 - drained and pressed
- ¼ cup butter - melted**
- 1 ¾ cups mild Cheddar cheese**
 - shredded
- ½ cup onion - shredded**
- ½ cup green pepper - chopped**
- 1 pound small curd cottage cheese**
- 6 jumbo eggs**



Preheat oven to 375 degrees. Place Vitto G'Morn'n Breakfast Pork sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. Stir together shredded potatoes and butter. Line bottom and sides of a medium glass baking dish with potato mixture. Combine sausage, cheddar cheese, onion, pepper, cottage cheese and eggs; pour mixture into baking dish. Bake for 60 minutes, until a toothpick inserted into center of the casserole comes out clean. Let cool for 5 minutes before serving.

Serves 2



Vitto Breakfast Sausage and Cheddar Cheese Quiche

1 9-inch purchased pastry shell

Filling:

½ pound Vitto G'Morn'n Breakfast Sausage, cooked, drained, and crumbled

4 large eggs

1 ½ cups half-and-half

¼ teaspoon dried leaf thyme

⅛ teaspoon pepper

1 cup shredded sharp Cheddar cheese



In a small bowl, whisk together the eggs, cream, thyme, and pepper. Pour into the pastry shell. Crumble Vitto G'Morn'n Breakfast sausage over the top with the shredded Cheddar cheese. Bake at 375° for about 30 minutes, or until quiche filling is set and lightly browned. Serve quiche with fresh sliced tomatoes.

Serves 8



Oven Baked Vitto Breakfast Sausage Omelette

- 1 ½ teaspoons each of vegetable oil and butter
- ½ cup diced onion
- 1 ½ cups cooked, scrambled Vitto G'Morn'n Breakfast Sausage
- 8 beaten eggs
- ⅓ cup milk
- ½ cup grated cheddar cheese, divided
- ½ cup grated Mozzarella cheese, divided



Preheat oven to 400° and grease a 9 X 9 inch square pan. Heat oil and butter in a skillet over moderate heat. While the pan is heating, beat the eggs with the milk in a large mixing bowl until well blended but not frothy. Add onions to the heated skillet and saute' a few minutes or until softened. Add Vitto G'Morn'n Breakfast sausage and remove from heat. Stir the sausage mixture and 1/4 cup each of the cheddar and Mozzarella cheese into the egg mixture. Salt and pepper to taste. Pour into the pan and sprinkle the remaining cheese over the top. Place in preheated oven for 20-30 minutes or until the top is lightly browned. Remove from the oven and serve.

Serves 6



Condiments to compliment our delicious Vitto Burgers

Salsa

- 4 large tomatoes, chopped
- 1 onion, finely chopped
- ½ cup chopped fresh cilantro
- 3 cloves garlic, minced
- 1 tbsp lime juice
- 1 jalapeño pepper, minced and divided
- salt

In a medium-size mixing bowl, combine tomatoes, onion, cilantro, garlic, lime juice and salt to taste. Mix well. Add ½ of the jalapeño pepper, and taste. If you want more kick, add the remaining ½ of the jalapeño. Cover the salsa and chill until ready to serve, at least 30 minutes to blend flavours.



Guacamole

- 2 avocados
- ½ small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, finely chopped
- 1 lime, juiced
- salt and pepper to taste

Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for 30 minutes to blend flavours.



Vitto Bratwurst Sausage and New Potato Salad

1kg potatoes, halved
2 chicken stock cubes
½ lb Vitto Bratwurst Sausages,
sliced on the diagonal
2 large boiled eggs, sliced
1 tbsp olive oil
4 spring onions, sliced on
the diagonal
Chopped fresh chives, to garnish

For the dressing:

2 tbsp yogurt
4 tbsp mayonnaise
1 tbsp wholegrain mustard
2 tbsp olive oil
1 tbsp cider vinegar



Put the potatoes into a saucepan of salted water and bring to the boil. When boiling, add the stock cubes and cook over a medium heat for 10-15 minutes, until tender. Drain and cool in cold water. Drain again. 2. Meanwhile, fry Vitto Bratwurst sausages in the olive oil over a medium heat for 5 minutes, turning occasionally. 3. Make the dressing for the salad. Mix all the ingredients together. Pop the potatoes into a bowl, add the spring onions, eggs, sausages and mix with the dressing. Sprinkle with the chopped chives.

Serves 6



Bean and Vitto Sausage Stew

- 4 Honey Garlic sausage**
- 1 can white pea beans
(great northern white beans)**
- 1 can lima beans**
- 1 tbsp olive oil**
- 1 onion diced**
- 2 garlic cloves diced**
- ½ tsp fennel seeds lightly
toasted**
- 2 cups chicken stock**
- 1 cup diced tomatoes**
- 3 cups curly endive or escarole or
romaine coarsely chopped**
- Salt and pepper to taste**
- Louisiana Hot Sauce on the side**



Prick sausages and bake in a 400 oven 30 minutes turning once. Cool and slice 1/2" slices. Empty beans into a colander and rinse. Heat oil and cook onion and garlic until soft. Stir in fennel and cook 1 minute. Add stock and tomatoes. Bring to a boil then to a simmer. Add beans and cook 15 minutes. Add sausages and cook 8-10 minutes. Add greens and cook until wilted. If too dry add more stock.

Serves 4



Pasta Primavera with Turkey Sausage

- 1 package Vitto Turkey sausage, cut into ½ inch slices**
- 2 cups uncooked farfalle pasta**
- ½ cup olive oil, divided**
- 4 cloves garlic, diced**
- ½ onion, diced**
- 2 small zucchini, chopped**
- 2 small yellow squash, chopped**
- 6 plum tomatoes, chopped**
- 1 green bell pepper, chopped**
- 20 leaves fresh basil**
- 2 tsp chicken bouillon granules**
- ½ tsp red pepper flakes**
- ½ cup grated parmesan cheese**



Cook pasta to el dente, drain. Place sausage in large skillet, over medium heat and cook until evenly brown; set aside. Heat ¼ cup oil in skillet. Stir in garlic and onion and cook until tender. Mix in zucchini, squash, tomatoes, green pepper and basil. Dissolve bouillon in mixture. Season with red pepper flakes. Stir in remaining oil; continue to cook for 10 minutes. Mix pasta, sausage and cheese into skillet. Continue cooking 5 minutes, or until heated through.

Serves 8.



Hunter's Biscuits

- 1 large potato
- 1 ½ cup flour
- 4 tsp. baking powder
- ¼ cup shortening
- 1 medium egg
- 1 cup milk
- 4 Vitto Honey Garlic Sausages
(removed from casings)
- ¼ cup raisins
- ¼ cup nuts
- ¼ cup cheddar cheese, diced
- 1 tsp. salt



Boil and mash potato until lump-free. Combine flour, salt and baking powder and mix with cooled potato. Rub in shortening. Add milk, egg and mix to create a light dough. Add sausage that has been fried to crumble and pressed between paper towels. Knead lightly into dough along with nuts, raisins and cheese. Cut into biscuit shapes and bake 425°F for 10-15 min. until brown.



Polenta with Spicy Vitto Sausage-Veggie Sauce

olive-oil cooking spray

1 (16 ounce) tube prepared polenta, sliced into ½-inch rounds

1 package Vitto hot Italian sausage

1 cup each sliced onion, red pepper, mushrooms

1 cup cubed zucchini

1 teaspoon dried Italian seasoning

1 (16 ounce) jar spaghetti sauce

⅓ cup grated Parmesan cheese



Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Spray a cookie sheet with cooking spray. Arrange the polenta slices on the sheet and spray them lightly with cooking spray. Broil until lightly browned about 5 minutes; turn and broil other side for 5 minutes. Keep warm. In a large skillet over medium heat, cook the sausage, breaking it up as it browns. When sausage has lost any pink color, add the onion, bell pepper, mushrooms, zucchini, and Italian seasoning. Cook until vegetables are crisp tender, 5 to 7 minutes. Stir in the spaghetti sauce and cook until heated through and just starting to simmer. To serve, spoon the sauce on slices of polenta. Top with a sprinkling of Parmesan cheese.



Vitto Sausage and Brown Rice Casserole

1 lb Vitto Bratwurst sausage meat
2 cups mushrooms, sliced
2 medium onions, chopped
1 ½ tsp. raw brown rice
1 ½ tsp. salt
4 ½ cups water
½ cup heavy cream
¼ cup all-purpose flour
2 cups chicken broth
½ tsp. pepper
¼ tsp. ground thyme



Cook Vitto Bratwurst sausage in skillet until well browned. Drain out fat, reserving ¼ cup. Set sausage aside and return reserve fat to skillet. Add mushrooms and onions and sauté until lightly browned. Cook rice with the salt and water as directed on package. Very slowly blend cream into flour to form a smooth paste. Stir in broth, pepper and thyme. Add rice, sausage and mushroom mixture with any liquid. Mix lightly and turn into 2 quart casserole. Bake uncovered in preheated oven (350°F) about 40 min.

Makes 6-8 servings.



Spaghetti Sauce with Vitto Sausage and Meatballs

**2 tbsp. olive oil
1 large onion
1 stick celery
1 carrot
4 cloves garlic
1 bay leaf
3 whole allspice
½ tsp. rosemary
1 pkg. Vitto Medium Italian
sausage
1 – 28 oz can ground tomatoes
1 – 28 oz. water
1 pkg. Vitto Meatballs
1 tsp. sugar
Salt (adjust)**



In large pot (5 quart ideal) cook vegetables and spices for about 10 min, or until onions are clear. While vegetables are cooking take 1 pkg. Vitto Medium Italian Sausage, remove casings, break sausage up in hands to make small chunks. Add sausage to vegetables and cook on medium – high heat for another 10 minutes, stirring occasionally. Meanwhile, in another saucepan, heat up tomatoes and water until it reaches a boil. Add this to the meat mixture. Mix and cook on high for 15 min. Then slowly put in your cooked Vitto Meatballs. Sauce should be at medium boil for the next 45 min. Add 1 tsp. sugar and adjust salt a few minutes before sauce is done.



Skillet Sausage and Peppers

**1 lb Vitto English Bangers
sausage (500g)
1 onion, chopped
1 clove garlic, minced
1 large sweet green pepper
1 sweet red pepper
4 medium tomatoes, coarsely
chopped
1 tbsp. fresh basil, chopped
1 tsp. fresh parsley, chopped
salt and pepper**



In a large skillet, cook Vitto English Bangers sausages over medium – high heat until brown on all sides. Drain out excess oil. Add onion and garlic and cook for 1-2 min. Seed and cut peppers into strips. Stir into skillet with tomatoes and basil. Simmer uncovered until sausages are cooked (about 15 min.) stirring occasionally.

Makes 4-5 servings.



Minestrone Soup for Pressure Cooker

- 2 Vitto Hot Italian sausages**
- 1 medium onion chopped**
- 1 cup celery, chopped**
- 1 large or 2 small potatoes, chopped**
- 1 cup cabbage, chopped**
- ¾ cup pasta suitable for soup (elbow macaroni, orzo, shells etc..)**
- 1 – 28 oz. can tomatoes**
- 1 can water**
- ½ can chick peas or kidney beans**
- 1 cube or packet of beef bouillon**



Brown Vitto Hot Italian sausages and slice into ¼ inch pieces. Add all the veggies, tomatoes, water and bouillon. Cook at 15 lbs pressure for 5 min. Let pressure go down slowly. Do not season with salt and pepper until it's cooked. Sausages are spicy and bouillon is salty. Add more water if too thick.



Onions and Vitto Medium Italian Sausages

1-2 lbs. Vitto Medium Italian sausages
Cold water to cover 3 cooking onions
or 1 big onion of any variety
sliced thin.
2 tbsp. of water
1 tsp. of sugar
2 tbsp. of flour
1 cup of tomato juice
¼ tsp. savory



Place Vitto Medium Italian sausages in a cold skillet and cover with cold water. Cover and bring to a boil (as soon as water boils, drain). Restart to cook sausages on medium heat for 8 –10 min. Remove sausages; retain fat, place in onions, water and sugar; sprinkle with flour once the onions are golden. Stir once more and add tomato juice. Add sausages to sauce and warm altogether. Flavour with savory to taste. Serve with mash potatoes and a favourite vegetable.



Stuffed Mushrooms

- 3 large Vitto Greek sausages**
- 1 package cream cheese (250g)**
- 3 Tbsp. parmesan cheese**
- 12-14 medium to large mushrooms**



1. Fry the Vitto sausages, cutting them up as you cook. Once cooked, place in food processor to mince.
2. Place Vitto sausages in a bowl with softened cream cheese, mix well, then add parmesan cheese.
3. Wash and remove entire stem from mushrooms.
4. Fill hollowed mushrooms with sausage mixture, pushing the mixture in hole until flat, then add more mixture on top of mushroom. Use a spoon to form. (Add as much mixture on top as desired)
5. Place in pan and bake in oven or on barbeque until mushrooms are cooked- approximately 10-15 minutes. You can also use a muffin tin as it helps to hold mushrooms upright.



Vitto Sausage Casserole with Macaroni and Cheese

- 1 package Vitto Chee-Zee sausage,
sliced into coin size pieces**
- 1 cup macaroni, uncooked**
- ½ cup chopped onion**
- ¼ cup chopped green bell pepper**
- 2 tbsps all-purpose flour**
- ½ tsp salt**
- 1 ½ cups milk**
- 2 cups shredded cheddar cheese,
divided**



Preheat oven to 400 F. Cook macaroni as per package directions; drain and set aside. In skillet, sauté sausage, onion and green pepper. Pour off excess fat; add flour and salt, blending well. Gradually add milk. Continue to cook over low heat, stirring constantly, until thickened and bubbly. Stir in macaroni and 1 cup shredded cheddar cheese. Transfer mixture to a lightly greased 1 ½ quart casserole dish. Sprinkle with remaining cheese; bake for 25 to 30 minutes.

Serves 4 - 6.



Portuguese Sausage Sandwiches with Peppers, Onions and Olives

- 1 pkg Vitto Mild Portuguese Sausage,
thinly sliced**
- 3 tbsps olive oil, divided**
- 2 medium onions, thinly sliced**
- 3 bell peppers (1 orange, 1 red, 1
green), thinly sliced into strips**
- 1 tsp sugar**
- ½ tsp paprika**
- 1 cup dry red wine**
- ⅔ cup kalamata olives, pitted**
- 1 baguette, halved lengthwise, cut
into quarters**



Heat 3 tbsp oil in large skillet over medium/high heat. Add onions and sauté until soft. Add peppers and sauté until lightly browned. Sprinkle mixture with sugar and paprika and sauté 1 minute. Using slotted spoon, transfer mixture to plate; leave drippings in skillet. Add remaining 1 tbsp oil to drippings in skillet. Add sausage and cook over medium heat until browned and heated through. Transfer sausage to plate with pepper mixture. Add wine to skillet; boil until reduced by half, scraping up browned bits. Return sausage/pepper mixture to skillet; stir in olives. Cook about 2 minutes. Plate baguette pieces, filling with sausage mixture; spooning juices over each and serve. Serving suggestion: serve with frisee salad drizzled with a red wine vinaigrette.

Serves 4.