

Sweet and Sour Sausage

This is a great way to cook sausage for a crowd. In the slow cooker at lunch and ready to serve for dinner when you get home.

8	garlic sausage, gluten-free
1	Tbsp butter
1	tsp oil
2	large cooking onion or 1 large Spanish or sweet onion
1/2	cup dark brown sugar
1/2	cup peach jam or other sweet chutney or preserve of choice
1 1/2	cups ketchup
3	Tbsp cider vinegar
1	Tbsp GF Worcestershire sauce
2	tsp hot pepper sauce
1 1/2	tsp Dijon mustard or yellow mustard

- Boil sausage for 5 minutes to remove some of the fat then cut into 1 or 2 inch pieces depending on the way you plan to serve the sausage. If you want to do these in the oven place them in an ovenproof dish now and heat, uncovered at 400°F. while you make the sauce.
- Meanwhile cook onion in butter and oil until soft and yellow.
- Stir brown sugar, ketchup, vinegar, Worcestershire sauce, pepper sauce and mustard into onions and simmer for 15 minutes.
- Pour sauce over sausages in the oven and continue to cook for 40 - 50 minutes until bubbling and thick or place sausage in slow cooker with sauce and cook on low for 4 to 5 hours
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Serves 6 -8