

Sweet & Sour Farmer Sausage Skewers



Ingredients

- 1 tsp / 5 mL canola oil
- 1 lb / 0.5 kg farmer sausage, sliced into $\frac{3}{4}$ -inch / 1.875 cm pieces
- $\frac{1}{2}$ cup / 125 mL tomato ketchup
- $\frac{1}{3}$ cup / 80 mL EACH white vinegar and pineapple juice
- 1 tsp + $\frac{1}{2}$ tsp / 7 mL sodium-reduced soy sauce
- 1 cup / 250 mL lightly packed brown sugar
- 1 Tbsp / 15 mL cornstarch
- 2 Tbsp / 30 mL cold water
- 1 red bell pepper, seeded and sliced into chunks
- 1 fresh pineapple, skinned and cut into chunks with brown spots and core removed

Directions

1. In large skillet, heat oil over medium-high heat; add farmer sausage slices.
2. Cook sausage until nicely browned and well done, 12-15 minutes. Turn often.
3. Add ketchup, vinegar, pineapple juice, soy sauce and brown sugar to skillet. Stir and bring to a boil.
4. In separate bowl, combine cornstarch and cold water; mix well and stir into hot mixture. Reduce heat to low and cook until sauce is thick and transparent.
5. Assemble farmer sausage pieces, sliced red pepper and pineapple chunks on skewers. Serve with remaining sauce.

Additional Info

- **Cut:** Sausage
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 10
- **Number of Servings:** 30-40