

Make your own Italian pork sausage

Greyrock Pasture Raised Pigs

Here at Greyrock:

- 1 pound ground pork
- 1 teaspoon fresh parsley
- 3/4 teaspoon fresh Italian herb mix
- 1 large garlic clove
- 1/2 teaspoon diced sweet onion

From Your Pantry:

- 1/2 teaspoon black pepper
- A pinch crushed red pepper flakes
- optional: use 3/4 teaspoon dried Italian herb mix instead of fresh
- 1/4 teaspoon dried fennel seeds
- 1/4 teaspoon paprika
- 1 teaspoon salt



Instructions

1. Mix all seasonings in a medium bowl.
2. Add mix to ground pork and brown on a skillet for 10-15 minutes or until pork is well browned.

