



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Gumbo Daddy's Sausage & Red Sauce

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This recipe was provided by Gumbo Daddy. It is his Sausage and Red Sauce recipe. In the video Nonna poured this breakfast sausage & red sauce over her frittata. Combined the two recipes were absolutely DELICIOUS! Look for the frittata recipe on Nonna's website. While Nonna tried to follow Gumbo Daddy's exact recipe, it was simply beyond her capabilities. There are a few modifications in the directions below.

### Ingredients

2 pounds Jimmy Dean breakfast sausage (ground) (Gumbo Daddy's recipe called for chunked sausage links)  
1 large onion (chopped)  
1 green bell pepper (chopped)  
1/4 cup minced garlic (Gumbo Daddy's recipe called for 1 tablespoon)  
1 stick of celery (chopped into small pieces - optional)  
2 tablespoons of vegetable oil (Nonna used olive oil)  
6oz Mutti Tomato Paste  
Gumbo Daddy Cajun Seasoning  
Jacobsen Garlic Salt (Nonna's addition)  
Have some water available (1-1.5 cups)

### Preparation:

1. Warm your pot on low heat.
2. Add vegetable oil. (Nonna used olive oil)
3. Add sausage to pot and brown it. Once sausage is browned, transfer to another bowl. Keep some grease from the sausage in the original pot.
4. In the original pot add the garlic, onion, bell pepper & celery.
5. Sauté them until transparent.
6. Add the tomato paste.
7. Add a little water.
8. Let the tomato paste brown briefly, but keep stirring. Don't let it burn.
9. Add the sausage
10. Season the gravy with the Cajun Seasoning & Jacobsen Garlic Salt.
11. Add some water (Nonna added about a cup).
12. Cover and cook on low heat another 20 minutes. Stir occasionally to prevent sticking.

**Note:** Initially, Gumbo Daddy's recipe called for sausage (links) to be cut into chunks. However, Nonna changed it to Jimmy Dean's breakfast sausage (ground). This is the biggest change. Whatever sausage you choose to use, this recipe will go well with rice and pasta, as well as, scrambled eggs, an omelet, and of course a frittata!

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

