

From Tammy

This recipe makes a passable ground sausage for patties.

Pick a meat:

One pound ground pork , ground chicken or ground turkey

Pick your seasonings:

One tablespoon sage powder, two teaspoons each onion and garlic powder or salt. If using powder and not salt, use one teaspoon salt. Add one teaspoon ground thyme. Add one teaspoon black pepper. If you like a little warmth to your sausage, use one half teaspoon or more cayenne pepper.

Or

Use Two tablespoons of chili powder, one teaspoon cumin, one teaspoon salt, one teaspoon pepper.

Mix all together thoroughly. I like to mix them by hand. You could use a mixer with a paddle or a food processor, alternatively.

Take about one half cup of meat from the mix and form into patties. An ice cream scoop works well for proportions.

Lightly oil a pan with olive or safflower oil. Or you can use foil for easy clean-up.

Bake in 375 degree oven for about thirty to forty minutes. Ground pork will take a little longer. If using a meat thermometer, an internal temperature of 185 F is acceptable.