

Mushroom Stew Fiozzo

Mushroom stew is a staple at every Church Festival in Utica. I remember my grandmother giving me five dollars to go to the Blessed Sacrament Festival and buy some for her when I was a little girl. This is very close to the mushroom stew the serve at Joey's on Mohawk Street in East Utica, although the recipe is my mom's. – Kathy Fiozzo

3 pounds loose Italian hot sausage $\frac{1}{2}$ cup fresh flat-leaf Italian parsley, chopped
3 medium yellow onions, cubed 2 large packages sliced button mushrooms
3 red bell peppers, cubed 3 (28-ounce) cans crushed tomatoes
3 tablespoons minced garlic 3 teaspoons salt
 $\frac{1}{2}$ cup olive oil 3 teaspoons black pepper

In a large stock pot, fry the diced onions, diced peppers, and garlic in the olive oil until the onions are clear. Add the sausage about 1 pound at a time and cook it through. Then add both packages of mushrooms and the 3 cans of tomatoes. Finally, add salt, pepper, and chopped parsley. Stir and simmer uncovered on low for 3 hours. Serve over rigatoni or ziti, with Pecorino Romano cheese, or alone with a nice loaf of bread. Incidentally, this freezes well.

Kathy Fiozzo