

## Brats with Pepper and Onions

*The recipes and photography for this post were provided by local blogger, Sally Roeckell of [365 Barrington](#).*

### Ingredients:

- 6 bratwurst (ask for Saddleberk Berkshire sausage and brats at the Heinen's meat counter)
- 6 brat rolls
- Mustard for serving
- Olive oil
- Assorted colorful bell peppers (allow about 1/2 pepper per brat)
- 1 medium onion
- 1 head of garlic
- Salt and fresh cracked black pepper
- Red pepper flakes to taste



### Method:

1. Light the charcoal and spread it evenly across one-half of the grill. If using propane, light burners only on one side of the grill. (On my Webber I set the three flames to medium off medium from front to back).
2. Oil grates with paper towel soaked in oil to prevent sticking.
3. Place brats on grates directly over heat and grill on each side until browned. If the casing bursts or burns move brats further from the coals to reduce cooking temperature.
4. Cook brats for 15-20 minutes, or until internal temperature reaches 160 degrees.
5. Cooked brats are firm to the touch.
6. Keep brats warm in a Brat Bath until ready to serve.
7. Serve on buns with onions, sauerkraut, and brat sauce.