



**Sweet Italian Sausage Burgers with Balsamic Apple Ketchup**  
*Raise your game and make an autumn burger with the works*

**Balsamic Apple Ketchup**

- 1 Tablespoon olive oil
- 1/4 cup chopped red onion
- 4 ounces peeled, cored Gala apples, diced
- 6 ounces peeled, seeded fresh tomatoes, diced
- 2 teaspoons chopped marinated dried tomatoes
- 2 Tablespoons tomato paste
- 1 Tablespoon Balsamic vinegar
- 1 teaspoon basil pesto
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

**Cook Ketchup:** In a small skillet, heat olive oil with red onion to soften; add diced apples and fresh tomatoes; cook about 5 minutes; add chopped dried tomatoes, tomato paste, vinegar, pesto, salt, and black pepper; cook on low heat to soften and combine ingredients, about 10 minutes.

**Puree Ketchup:** Transfer mixture to small bowl; use a small hand blender to puree into ketchup consistency. Set aside. Serve room temperature or chill in the refrigerator. Yield: Serves topping for 6 small burgers.

### **Sweet Italian Sausage Burgers**

1-1/4 pounds ground Sweet Italian chicken sausage  
1/2 cup fine diced peeled, cored Gala apples  
1/2 cup fine diced onion  
2 Tablespoons fine chopped fresh parsley  
2 to 3 Tablespoons olive oil or as needed  
6 Artisan rustic potato (3-inch round) bakery buns, split  
3 Tablespoons olive oil  
2 Tablespoons grated Parmesan cheese  
Green and Purple baby lettuce leaves as desired  
6 thin slices red onion  
1 Gala apple, cored, sliced into 12 slices

**Prepare Chicken Sausage Patties:** If using chicken sausage links, remove ground chicken sausage from casings, discard casings. Place ground chicken sausage into medium sized bowl. Add diced apples, onion, and parsley. Mix gently with hands until combined. Form mixture into 6 (4-inch) round patties. Brush patties with olive oil to prevent sticking.

**Cook Burgers:** When ready to cook burgers, preheat cast iron skillet to 350-degree F medium heat. Cook for 5 to 6 minutes per side or until cooked though and golden brown. Remove; set aside to stay warm.

**Toast Buns:** Place the opened buns on large baking pan; brush lightly with oil; sprinkle with grated Parmesan cheese. Lightly toast under broiler for about 2 minutes or until golden brown.

**To Serve Burgers:** Arrange small lettuce leaves over the bottom buns; top each with 1 onion slice and 1 chicken sausage burger. Place scoop of

Balsamic apple ketchup on top of each burger and arrange about 2 thin apple slices over the ketchup. Close with toasted bun tops.  
Serves 6 small chicken sausage burgers

**Cook's Note:** The recipe can also be prepared on a grill if desired. If you cut the apple slices ahead of time, sprinkle lightly with lemon juice to stay fresh looking.

**About the Recipe:** The delicious apple ketchup is a savory take on classic ketchup. It is sweetened with fresh apples and spiked with Balsamic vinegar. Spread it over sizzling hot Italian chicken sausage burgers on toasted Parmesan potato buns and serve with fresh crisp lettuce, thin red onion slices, and a few crunchy apple slices. It's time to celebrate autumn!