

Serves 4 • Serving size: 1 brat

28
minutes

PREP: 15 minutes
COOK: 13 minutes

Grilled BEER BRATS

- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 small onion, peeled and diced
- 1 tbsp. salted butter
- 4 brat sausage links
- ½ cup beer
- 1 garlic clove, peeled and minced
- 2 tbsp. cornstarch
- ¼ tsp. coarse kosher salt

1. Place peppers and onion in base of the MicroPro™ Grill. Place cover in casserole position. Microwave on high power 4 minutes. Stir in butter.
2. Place cover in grill position. Microwave on high power 2 minutes more.
3. Push vegetables to the sides of the grill. Place brats in the base of the grill. Place cover in grill position. Microwave on high power 4 minutes.
4. Meanwhile, in a medium bowl stir together beer, garlic, corn starch and salt; set aside.
5. Remove grill from microwave and pour beer mixture over brats. Place cover in grill position. Microwave on high power 3 minutes more. Remove from microwave. Serve warm over rice, noodles or on rolls.

Nutritional Information (per serving):

Calories: 270 Total Fat: 19g Saturated Fat: 8g Cholesterol: 45mg
Carbohydrate: 12g Sugar: 6g Fiber: 3g Protein: 10g Sodium: 300mg
Vitamin A: 15% Vitamin C: 100% Calcium: 6% Iron: 6%

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Tupperware®

TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

