

Italian Sausage with Sauteed Peppers and Onions

This is a simple and delicious recipe that has been passed down for years. It is vestal and can be served in a roll or used as a pasta/pizza topping. For a vegan version of this dish, we will replace the Italian sausage with a plant-based sausage and the butter with olive oil.

Nutrition Facts (per serving)

461	Calories
39g	Fat
7g	Carbs
17g	Protein

Ingredients (6 servings)

- 6 (4 ounce) links sweet Italian sausage
- 2 tablespoons butter
- 1 medium yellow onion, sliced
- ½ medium red onion, sliced
- 4 cloves garlic, minced
- 1 large red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ cup vegetable stock, or more to taste

Recipe:

- **Cook sausage in a large skillet over medium heat until brown on all sides, 5 to 7 minutes. Remove from skillet, and slice.**
- **Melt butter in the same skillet. Stir in onions and garlic then cook 2 to 3 minutes. Mix in bell peppers, season with basil and oregano, and stir in 1/4 cup vegetable stock. Continue to cook and stir until peppers and onions are tender, 5 to 7 minutes.**
- **Return sausage slices to the skillet. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through, adding more vegetable stock if needed.**