

## Italian Sausage and Peppers



4-5 Italian sausage links, your choice of mild, medium or hot  
1-2 onions, sliced  
2 sweet bell peppers, sliced  
2 cloves garlic, minced  
1 can diced tomatoes with juice  
olive oil  
salt  
pepper

Start by prepping the onions, peppers and garlic. Slice the peppers in half and remove the seed and ribs. Then slice each half into strips. Slice the onion into vertical strips approximately the same size as the pepper strips. Mince the garlic. Set the vegetables aside.

Place a large skillet over medium-high heat. Prick each sausage several times with a fork. This prevents the skin from bursting during cooking. When the skillet is warmed, add 1 to 2 tablespoons of olive oil. Add the sausages and cook, turning occasionally, until they are brown on all sides. Remove sausages from skillet and set them aside.

Add the onions, peppers and garlic to the pan (don't clean the pan out between the sausages and vegetables). Saute until veggies are crisp-tender. Add tomatoes with their juice to the pan with the vegetables and stir all together. Add salt and pepper to taste.

Place the sausages on top of the veggies and tomatoes in the pan. Be sure to pour in any juices that may have accumulated from the sausages while they were sitting.

Cover the pan and cook for approximately 20 minutes or until sausages are done all the way through. Serve on hot dog buns or over hot cooked pasta.

Enjoy!

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