Sausage & Peppers Skillet

A quick skillet of fully cooked sausage, colorful peppers and tomatoes.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
20 min

Ingredients

12 oz fully cooked Italian-style chicken sausage, sliced

1 tbsp olive oil

3 bell peppers, mixed colors, sliced

1 small onion, sliced

3 garlic cloves, minced

1 pint cherry tomatoes, halved

1/2 tsp Italian seasoning

1/4 cup low-sodium chicken broth

2 tbsp chopped parsley

Salt and black pepper, to taste

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How to Make It

1. Heat oil in a large skillet over medium-high heat. Brown sausage 4-5 minutes, then transfer out.
2. Add peppers and onion. Cook 7-8 minutes until softened with browned edges.
3. Stir in garlic, tomatoes, Italian seasoning and broth. Simmer 5 minutes.
4. Return sausage and cook until heated to 165 F. Season and finish with parsley.

Jane's Note

Use fully cooked sausage for this quick skillet. Serve with bread, rice or pasta.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.