

Skillet Italian Sausage and Peppers

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-skillet-recipe>

Ingredients:

- 1 package Italian sausage sliced, or 4-5 links
- 1 tablespoon olive oil
- 3 bell peppers sliced, I used orange, green and red
- 1 small onion sliced
- 1 tablespoon Italian seasoning
- 15 ounces diced tomatoes undrained
- 8 ounces tomato sauce
- salt
- pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 19 grams
3. Fat: 5 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 440 milligrams
8. Sugar: 10 grams

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