

Crock Pot Italian Sausage and Peppers

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-sausage-crock-pot-recipe>

Ingredients:

- 2 pounds hot Italian sausage or sweet, or another sausage type
- 2 yellow onions chopped
- 1 orange bell pepper cut into 2-inch pieces
- 1 red bell pepper cut into 2-inch pieces
- 1 yellow bell pepper cut into 2-inch pieces
- 2 bay leaves
- 4 cloves garlic minced
- 14 ounces diced tomatoes undrained
- 6 ounces tomato paste
- 1/2 cup dry red wine or water
- 1 tablespoon parsley leaves dried
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon salt

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 85 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 12 grams
8. Sodium: 1150 milligrams
9. Sugar: 7 grams

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