

# Italian Sausage & Potato Casserole

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 2 teaspoons olive oil
- 1 pound Italian sausage sweet OR hot, cut into 2 inch pieces
- 2 tablespoons olive oil
- 4 red potatoes medium, unpeeled, cut in half lengthwise, then into 1/2 inch slices, half moons
- 1 green bell pepper seeded, then roughly chopped
- 1 red bell pepper seeded, then roughly chopped
- 1 brown onion large, sliced thin
- 1/2 cup chicken stock
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 85 milligrams
4. Fat: 44 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 14 grams
8. Sodium: 1480 milligrams
9. Sugar: 5 grams

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