

# Italian Sausage Stuffed Banana Peppers

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-stuffed-banana-peppers>

## Ingredients:

- banana peppers – long and large, but uniform in size
- Italian sausage
- ground pork sausage
- butter
- olive oil
- onion – peeled and diced
- garlic – minced
- cream cheese – softened
- Parmesan cheese – grated
- egg – for binding
- Italian seasoning – store-bought or homemade
- crushed red pepper – optional
- marinara sauce – store-bought or homemade
- Italian cheese blend – shredded
- salt
- pepper
- parsley – for garnish, optional
- 10 whole banana peppers look for the straight ones!
- 1 pound Italian sausage
- 1 tablespoon butter oil
- 1 small onion peeled and diced
- 3 cloves garlic minced
- 4 ounces cream cheese softened
- 1/3 cup grated Parmesan cheese
- 1 large egg
- 2 teaspoons Italian seasoning
- 3/4 teaspoon crushed red pepper
- 24 ounces marinara sauce store-bought or homemade
- 1 1/2 cups shredded Italian cheese blend
- salt
- pepper

- parsley for garnish, optional

## **Nutrition:**

1. Calories: 1060 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 295 milligrams
4. Fat: 84 grams
5. Fiber: 10 grams
6. Protein: 36 grams
7. SaturatedFat: 34 grams
8. Sodium: 2660 milligrams
9. Sugar: 21 grams

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