

Smothered Pierogies

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1/2 pound bulk italian sausage
- 1 tablespoon olive oil
- 1 onion sliced
- 1 green bell pepper, sliced small
- 1 red bell pepper small, sliced
- 2 cloves garlic minced
- 4 ounces sliced mushrooms drained
- 2 teaspoons dried parsley
- 1/2 teaspoon garlic powder
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried basil
- 1 pinch crushed red pepper flakes optional
- salt
- black pepper
- 1 tablespoon olive oil
- 20 ounces pierogies frozen
- 8 ounces shredded mozzarella cheese
- 1/4 cup grated romano cheese

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 100 milligrams
4. Fat: 41 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 16 grams
8. Sodium: 1550 milligrams
9. Sugar: 5 grams

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