

# Italian Sausage and Potatoes – Easy Comfort Food

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 pound Italian sausage ground
- 4 cups potatoes sliced
- 1 onion sliced
- 2 cloves garlic
- 1/2 teaspoon rosemary dried or fresh
- 1/2 teaspoon oregano dried or fresh
- 1/2 teaspoon thyme dried or fresh
- salt
- pepper
- 1/2 cup parmesan reggiano shredded
- cooking oil
- eggs optional

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 150 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 15 grams
8. Sodium: 1250 milligrams
9. Sugar: 3 grams

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