

# Sausage, Peppers, and Onions

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-sweet-italian-sausage-links>

## Ingredients:

- 4 Italian sausage links sweet, hot, or a couple of each
- 2 tablespoons olive oil
- 1 green bell pepper, sliced into 2 to 3 inch long strips
- 1 red bell pepper sliced into 2 to 3 inch long strips
- 1 bell pepper another color, yellow or orange or purple, sliced into strips 2-3 inches long
- 4 garlic cloves sliced into slivers
- 1 yellow onion or large sweet, sliced into 1/4-inch half-moons
- 15 ounces crushed tomatoes
- 1 tablespoon dried oregano
- 1/2 cup marsala wine optional
- 1/2 teaspoon red pepper flakes optional
- salt

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 85 milligrams
4. Fat: 42 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 13 grams
8. Sodium: 1170 milligrams
9. Sugar: 4 grams

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