



Sausage & Peppers

(for the slow-cooker)

Ingredients:

1 tbsp. olive oil

2 lbs. Italian sausage links (pork or turkey, mild or spicy)

3-4 lg. green bell peppers

1 lg. sweet onion

1 lg. tomato, diced

8-12 ounces tomato sauce

2 tsp. garlic powder

4 tsp. onion powder

can also substitute 3 c. canned diced tomatoes

Directions:

Preheat the olive oil in a large skillet over medium heat until hot. Brown the sausages in the skillet, but no need to cook them all the way through.

Meanwhile, slice the peppers and onions into strips. Put the peppers, onions, tomatoes, and seasonings into a large crockpot and stir to combine.

Once the sausages are browned, place them on top of the vegetable mixture in the crock in a single layer.

Cover and cook on high for 4 hours.

Serve on crusty rolls with provolone cheese. Bonus points if you put it under the broiler for a minute to melt the cheese on top.