



Spicy Italian Sausage & Mixed Pepper Skillet

30 minutes | 2 servings

Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[stirring spoon](#)

Grab ingredients

1 clove	garlic
1	green bell pepper
1	jalapeño pepper
1	orange bell pepper
3	pork sausages
1	red bell pepper
½ medium	yellow onion
	black pepper
	extra virgin olive oil
	Italian seasoning
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.
1 red bell pepper
1 orange bell pepper
1 green bell pepper
1 jalapeño pepper
- 2 Preheat a skillet over medium-high heat.
- 3 While the skillet heats up, cut the sausages into 1-inch pieces.
3 pork sausages
- 4 Once the skillet is hot, add oil and swirl to coat the bottom. Add sausage and pan-fry, stirring occasionally, until browned and cooked through, about 8 minutes.
1 tbsp extra virgin olive oil
- 5 Meanwhile, using a clean cutting board, seed and slice bell peppers into thin strips. Transfer to a medium bowl.
- 6 Halve jalapeño pepper lengthwise; seed and remove ribs with a spoon. Thinly slice and add to the bowl with the bell peppers. (Be careful with jalapeños; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)
- 7 Peel and mince garlic. Peel, halve, and thinly slice onion into half moons; add both to the bowl with the peppers.
1 clove garlic
½ medium yellow onion
- 8 When the sausages are done, remove to a plate.
- 9 Return the skillet to medium heat, add additional oil, and swirl to coat the bottom. Add the veggies and spices; cook, stirring occasionally, until soft and browned, about 10 minutes.
2 tsp extra virgin olive oil
1 tsp Italian seasoning
½ tsp salt
¼ tsp black pepper
- 10 Stir sausages into the skillet and continue to cook until heated through, about 3 minutes. Remove from heat.

11 To serve, divide sausage-pepper skillet between plates and enjoy!