



SAUSAGE WITH PEPPERS AND ONIONS

Ingredients:

- 10 oz. of mild Italian Sausage, cooked and sliced into 1-inch pieces
- 1 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- 1 orange or yellow pepper, thinly sliced
- 1 medium-sized onion, thinly sliced
- 1 TBSP of minced garlic
- 1 TBSP of olive oil
- 1 14.5 oz. can of diced tomatoes
- 1/4 TSP of red pepper flakes

Directions:

Add cooked and chopped sausage, vegetables, and garlic into a large freezer bag.

Separately, combine the tomatoes and pepper flakes and add them to a smaller bag.

Thaw in the refrigerator overnight before cooking. Then, stir-fry the sausage and vegetables, add in the tomato-based sauce and allow to cook for 10 minutes or until hot.

You can serve this recipe on hoagie rolls, or enjoy it with a side of rice. So many options!