



# Sausage and Peppers Skillet Delight

## The Sizzle That Started It All

The smell of sizzling sausage filled my grandma's tiny kitchen. Peppers and onions danced in the oily pan. That first bite was pure, warm happiness. **Ever wondered how to turn simple ingredients into pure comfort?** This dish feels like a big, warm hug. It reminds me of family dinners and loud laughter.

## My First Kitchen Adventure

My first try was a bit messy. I used way too much garlic. The smell was strong for days! But the taste was still amazing. **That mishap taught me a good lesson. Home cooking is about heart, not perfection.**

It is okay to make mistakes. The result is always worth the effort.

## A Symphony of Flavors

This dish is a perfect balance. Savory sausage meets sweet, soft peppers. The rich tomato sauce brings it all together. **Which flavor combo surprises you the most?** Tell me in the comments below. I love hearing your thoughts. The textures are just as important as the taste.

## A Taste of History

This dish has deep roots. Italian immigrants brought it to America long ago. They cooked with what was available and cheap. It became a street fair classic. **\*Did you know the dish became popular in New York City?\*** It fed hungry workers quickly. Now it's a family favorite everywhere. What's your favorite food memory? Share your story with me.



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### Ingredients:

Ingredient	Amount	Notes
Olive oil	2 tablespoons	
Italian sausage links	4	mild, medium, or hot
Red bell pepper	1	
Green bell pepper	1	
Yellow onion	1 large	
Garlic	2 to 3 teaspoons minced	
Marsala wine	½ cup	can substitute for chicken broth
Roasted red bell peppers	1 cup	jarred
Tomatoes	1 cup	crushed
Fresh oregano leaves	1 tablespoon	or 1 teaspoon dried

### My Simple Steps for Sausage & Peppers

**Step 1** Heat oil in a big skillet. Brown the sausages until cooked through. Take them out and set aside. (A hard-learned tip: Prick sausages with a fork first. This stops them from bursting open).

See also Slow Cooker Ziti with Ricotta and Herbs

**Step 2** Slice your peppers and onion. Cook them in the same skillet. They will get soft and a little brown. This adds so much flavor to the dish.

**Step 3** Add the garlic and cook for one minute. Pour in your wine or broth. Scrape all the good bits from the pan. Let it simmer and get a little syrupy.

**Step 4** Stir in the jarred peppers and crushed tomatoes. Slice the sausages into bites. Add them back to the saucy pan. Let everything

heat through together.

**What is the best way to get flavor from the pan? Share below!**

**Cook Time:** 15min

**Total Time:** 50mins

**Yield:** 4 servings

**Category:** Dinner, Main Course

## Try These Tasty Twists

Make this dish your own. I love playing with new ideas in my kitchen.

**Spicy Kick** Use hot Italian sausage. Add a pinch of red pepper flakes too.

**Vegetarian Swap** Skip the meat. Use big, hearty portobello mushrooms instead.

**Summer Harvest** Add fresh zucchini or yellow squash. It is so fresh and light.

**Which twist sounds best to you? Vote in the comments!**

## My Favorite Ways to Serve It

This meal is great on its own. But it loves good company too. Try it over creamy polenta or pasta. A simple green salad is perfect on the side.

For a drink, I like a chilled red wine. A fizzy Italian soda also works well.

**Which would you choose tonight?**



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# Keeping Your Skillet Delight Fresh

Store leftovers in a sealed container. They last three days in the fridge. You can also freeze this meal for later. Just thaw it overnight before reheating. Warm it gently on the stove for best taste. My family loves finding this ready for a busy night. Batch cooking saves so much time. Why this matters: prepping meals cuts down on stress. It makes healthy eating easy on weekdays.

See also [Creamy Marry Me Chicken Pasta Dinner](#)

# Quick Fixes for Common Hiccups

Is your dish too watery? Let it simmer longer to thicken up. Sausage not browning well? Pat it dry before it hits the pan. Peppers getting too soft? Try adding them a little later. These small changes make a big difference. I once added peppers too early. They turned to mush! What's your biggest cooking challenge? Share it below.

# Your Questions, Answered

**Q: Can I make this gluten-free?** A: Yes, use certified gluten-free sausage and broth.

**Q: How far ahead can I prep this?** A: Chop veggies two days ahead to save time.

**Q: What can I use instead of wine?** A: Chicken broth works perfectly as a swap.

**Q: Can I double this recipe for a crowd?** A: Absolutely! Use a very

large skillet for best results.

**Q: Is there a vegetarian option?** A: Try plant-based sausage and vegetable broth instead.

## Share Your Masterpiece

I hope this dish brings joy to your table. It is a true crowd-pleaser. Did you give it your own twist? I would love to see your creation. Tag **Savory Discovery on Pinterest** with your photos. Happy cooking!  
—Elowen Thorn.

You need to try this!



[Savorydiscovery.com](http://Savorydiscovery.com)

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## Sausage and Peppers Skillet Delight





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# Sausage and Peppers Skillet Delight

Author: Elowen Thorn

Cooking Method:[Stovetop Skillet](#)



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Cuisine: [Italian](#)



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Courses:[Dinner Main](#)

Difficulty: **Beginner**

Prep time: **5 minutes**

Cook time: **45 minutes**



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Rest time:

Total time: **50 minutes**

**Servings: 4 servings**

Calories: **541 kcal**

Best Season:**Summer**

## **Description**

This sausage and peppers recipe combines savory sausage with sweet

peppers for a flavorful, satisfying dish. Perfect for a quick dinner or special occasion, it's easy to make and full of taste.

See also [Creamy One Pot Jambalaya Pasta Recipe](#)

## Ingredients

- 2 tablespoons olive oil
- 4 Italian sausage links ((mild, medium, or hot))
- 1 red bell pepper
- 1 green bell pepper
- 1 large yellow onion
- 2 to 3 teaspoons garlic ((minced))
- ½ cup Marsala wine ((you can substitute it for chicken broth))
- 1 cup roasted red bell peppers ((jarred))
- 1 cup tomatoes ((crushed))
- 1 tablespoon fresh oregano leaves ((or 1 teaspoon dried))

## Instructions

1. In a 12-inch skillet, heat olive oil over medium-low heat. Brown sausage links, turning occasionally to ensure they do not burn. Brown until cooked through, about 10 to 15 minutes. Remove sausage links to a plate and keep warm.
2. Slice bell peppers and onion. Add to the skillet and cook over medium heat until slightly browned and onions are soft and translucent. This will take approximately 10 minutes.
3. Add minced garlic to the pan and saute 1 to 2 minutes more.
4. Add wine to skillet and scrape browned bits from the pan to deglaze. Bring to a simmer and reduce wine by about half, about 2 to 3 minutes.
5. Add roasted bell peppers, crushed tomatoes, and oregano to the

skillet.

6. Slice sausage links into bite-size pieces and return them to the skillet.
7. Simmer over medium until everything is warmed and sausage is cooked completely if it was not thoroughly cooked in step one.
8. Serve immediately.

## Notes

Nutritional values are approximate and can vary based on the specific ingredients used.

Keywords: Sausage, Peppers, Skillet, Italian, Dinner