

- Prep Time: 15 minutes
 - Cook Time: 45 minutes
 - Total Time: 60 minutes
 - Servings: 4-6
 - Difficulty: Easy
 - Cuisine: Italian-American
 - Course: Main Dish
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Ingredients

For the Sausage and Peppers

- 6 Italian sausages (about 1.5 lbs) — mild, sweet, or hot, your choice
- 3 tablespoons olive oil, divided
- 2 large bell peppers (red and yellow), sliced into ¼-inch strips
- 1 green bell pepper, sliced into ¼-inch strips
- 2 medium yellow onions, thinly sliced
- 4 garlic cloves, minced
- 1 (28 oz) can crushed tomatoes
- ½ cup dry white wine (or chicken broth)

- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon red pepper flakes (optional, for heat)
- 1 teaspoon salt
- ½ teaspoon black pepper
- Fresh basil leaves, for garnish
- Grated Parmesan cheese, for serving

Optional Serving Suggestions

- Crusty Italian rolls or hoagie buns
- Cooked penne, rigatoni, or fusilli
- Creamy polenta
- Mashed potatoes

Step-by-Step Instructions

Step 1: Brown the Sausages (Time: 8-10 minutes | Intensity: Medium-High)

Heat 1 tablespoon of olive oil in a large Dutch oven or heavy-bottomed skillet over medium-high heat. Prick each sausage a few times with a fork to prevent bursting. Add the sausages to the pan and brown them on all sides, turning every 2-3 minutes, until deeply golden—about 8-10 minutes total. They don't need to be cooked through yet. Transfer the sausages to a plate and set aside.

Step 2: Sauté the Vegetables (Time: 8-10 minutes | Intensity: Medium)

Reduce the heat to medium and add the remaining 2 tablespoons of olive oil to the same pan. Add the sliced onions and bell peppers. Season with $\frac{1}{2}$ teaspoon salt and a pinch of black pepper. Cook, stirring occasionally, until the vegetables are softened and beginning to caramelize at the edges—about 8-10 minutes. Scrape up any browned bits from the bottom of the pan as you stir; these add tremendous flavor.

Step 3: Add Garlic and Seasonings (Time: 1 minute | Intensity: Medium-Low)

Push the vegetables to the side of the pan and add the minced garlic to the center. Cook for just 30-60 seconds until fragrant—do not let it brown. Stir the garlic into the vegetables, then add the oregano, dried basil, and red pepper flakes (if using). Stir to coat everything evenly.

Step 4: Deglaze the Pan (Time: 2 minutes | Intensity: Medium-

High)

Pour in the white wine (or chicken broth) and stir vigorously, scraping up any fond stuck to the bottom of the pan. Let it bubble and reduce for about 2 minutes, until the sharp alcohol smell cooks off and the liquid has reduced by half.

Step 5: Build the Sauce (Time: 3 minutes | Intensity: Medium)

Add the crushed tomatoes and stir everything together. Return the browned sausages to the pan, nestling them into the vegetable mixture. Add the remaining ½ teaspoon of salt. Bring the mixture to a gentle simmer.

Step 6: Simmer and Finish (Time: 20-25 minutes | Intensity: Low)

Cover the pan and reduce the heat to low. Simmer gently for 20-25 minutes, turning the sausages once halfway through, until the sausages are cooked through (internal temperature of 160°F) and the flavors have melded beautifully. If the sauce becomes too thick, add a splash of water; if too thin, simmer uncovered for the last 5 minutes.

Step 7: Rest and Garnish (Time: 3 minutes | Intensity: None)

Remove from heat and let rest for 3 minutes. Taste and adjust seasoning. Tear fresh basil leaves over the top and finish with a generous shower of grated Parmesan.

Serving Suggestions

- **Classic Sandwich:** Pile a sausage and a generous scoop of peppers and sauce into a toasted Italian roll. Add melted provolone or mozzarella if desired.

- Over Pasta: Serve atop penne or rigatoni to catch every drop of sauce.
 - With Polenta: Spoon over creamy polenta for a comforting gluten-free option.
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Tips for Success

1. Don't rush the browning. Deeply browned sausages build a flavor foundation for the entire dish.
 2. Use a mix of pepper colors. Red and yellow peppers bring sweetness; green adds a pleasant bitterness.
 3. Prick the sausages gently. This prevents them from bursting while keeping juices inside.
 4. Make it ahead. This dish tastes even better the next day—store in the fridge up to 4 days.
 5. Freezer-friendly. Freeze in an airtight container for up to 3 months.
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Nutrition Information (Per Serving, Based on 6 Servings)

Note: Values are estimates and will vary based on specific brands and serving additions (bread, pasta, etc.).

Nutrient	Amount
Calories	~420 kcal
Total Fat	31 g
Saturated Fat	10 g
Cholesterol	75 mg
Sodium	980 mg
Total Carbohydrates	14 g
Dietary Fiber	3 g
Sugars	7 g
Protein	20 g
Vitamin C	90% DV
Vitamin A	20% DV
Iron	12% DV
Calcium	6% DV