

Uncle Larry Adventures

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Top 10 Sausage and Peppers Recipes

1. Classic Italian Sausage and Peppers

The old-school skillet standby — sweet Italian sausage, bell peppers, and onions simmered in a light tomato sauce.

Ingredients

- 2 lbs sweet Italian sausage links
- 3 bell peppers (mixed colors), sliced
- 1 large yellow onion, sliced
- 3 cloves garlic, minced
- 1 cup canned crushed tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes
- Salt and pepper to taste
- Crusty rolls, for serving

Instructions

1. Brown the sausages in olive oil over medium heat, about 8 minutes; remove and set aside.
 2. In the same pan, saute onions and peppers until softened, 6-8 minutes.
 3. Add garlic, oregano, and red pepper flakes; cook 1 minute until fragrant.
 4. Stir in crushed tomatoes, return sausages to pan, and simmer covered for 15 minutes.
 5. Season with salt and pepper, then serve on crusty rolls or over pasta.
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2. Sheet Pan Sausage and Peppers

A hands-off, one-pan version that roasts everything together for deep caramelized flavor.

Ingredients

- 2 lbs Italian sausage links
- 4 bell peppers, sliced into strips
- 2 red onions, sliced
- 3 tbsp olive oil
- 2 tsp Italian seasoning
- 1 tsp garlic powder

- Salt and pepper to taste

Instructions

1. Preheat oven to 425 F and line a sheet pan with foil.
 2. Toss peppers and onions with olive oil, Italian seasoning, garlic powder, salt, and pepper.
 3. Spread vegetables on the pan and nestle sausages on top.
 4. Roast for 30-35 minutes, flipping sausages halfway through, until browned and cooked through.
 5. Let rest 5 minutes before slicing and serving.
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3. Beer-Braised Sausage and Peppers

A tavern-style favorite where sausages simmer low and slow in beer for a rich, savory sauce.

Ingredients

- 2 lbs bratwurst or Italian sausage
- 3 bell peppers, sliced
- 1 large onion, sliced
- 1 bottle (12 oz) lager beer
- 2 tbsp butter
- 1 tbsp brown sugar
- 1 tsp caraway seeds (optional)
- Salt and pepper to taste

Instructions

1. Melt butter in a Dutch oven and brown sausages on all sides; remove and set aside.
 2. Add peppers and onions, cooking until they begin to soften, about 8 minutes.
 3. Stir in brown sugar and caraway seeds, then pour in the beer.
 4. Return sausages to the pot, bring to a simmer, and cook uncovered for 20 minutes.
 5. Season to taste and serve with mustard and pretzel buns.
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4. Slow Cooker Sausage and Peppers

Set it and forget it — perfect for game day or a busy weeknight.

Ingredients

- 2 lbs Italian sausage links
- 3 bell peppers, sliced
- 1 onion, sliced
- 1 can (14 oz) diced tomatoes
- 2 tbsp tomato paste
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- Salt and pepper to taste

Instructions

1. Place peppers and onions in the bottom of the slow cooker.
 2. Lay sausages on top, then add diced tomatoes, tomato paste, garlic, and seasoning.
 3. Cover and cook on low for 6-7 hours or high for 3-4 hours, until sausages are cooked through.
 4. Stir gently to combine before serving over polenta, rice, or rolls.
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5. Sausage, Peppers, and Onions Pasta

Turns the classic combo into a hearty, saucy pasta dinner.

Ingredients

- 1 lb Italian sausage, casings removed
- 2 bell peppers, sliced
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 can (28 oz) crushed tomatoes
- 12 oz rigatoni or penne pasta
- 1/4 cup grated Parmesan
- 2 tbsp olive oil
- Fresh basil, for garnish

Instructions

1. Cook pasta in salted boiling water until al dente; drain and set aside.
 2. In a large skillet, brown sausage over medium-high heat, breaking it into pieces.
 3. Add peppers and onions, cooking until softened, about 7 minutes.
 4. Stir in garlic, then crushed tomatoes; simmer 10 minutes.
 5. Toss with cooked pasta, top with Parmesan and fresh basil, and serve.
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6. Grilled Sausage and Peppers Skewers

A summer cookout twist, threaded onto skewers for smoky, charred flavor.

Ingredients

- 2 lbs smoked or Italian sausage, cut into chunks
- 2 bell peppers, cut into squares
- 1 red onion, cut into squares
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- Wooden or metal skewers

Instructions

1. If using wooden skewers, soak in water for 30 minutes.
2. Toss sausage chunks, peppers, and onion with olive oil, paprika, garlic powder, salt, and pepper.
3. Thread onto skewers, alternating sausage and vegetables.
4. Grill over medium-high heat, turning occasionally, for 12-15 minutes until charred and cooked through.

5. Serve hot off the grill with crusty bread or rice.

7. Sausage and Peppers Stuffed Bell Peppers

The flavors of sausage and peppers baked right inside the pepper itself.

Ingredients

- 6 large bell peppers, tops cut off and seeded
- 1 lb Italian sausage, casings removed
- 1 cup cooked rice
- 1 cup marinara sauce, divided
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1 small onion, diced
- 2 cloves garlic, minced

Instructions

1. Preheat oven to 375 F.
 2. Brown sausage with onion and garlic in a skillet, breaking it into small pieces.
 3. Stir in cooked rice and half the marinara sauce.
 4. Stuff the mixture into hollowed bell peppers and place upright in a baking dish.
 5. Top with remaining marinara and cheeses, then bake covered for 35-40 minutes until peppers are tender.
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8. Spicy Sausage and Peppers with Sausage Gravy

A bold, spicy variation with a touch of cream for extra richness.

Ingredients

- 2 lbs hot Italian sausage links
- 3 bell peppers, sliced
- 1 onion, sliced
- 1 jalapeno, sliced (optional)
- 1/2 cup heavy cream
- 1/2 cup chicken broth
- 1 tbsp Cajun seasoning
- 2 tbsp olive oil

Instructions

1. Brown sausages in olive oil, then slice into rounds once cooked; set aside.
 2. In the same pan, cook peppers, onion, and jalapeno until softened, about 8 minutes.
 3. Stir in Cajun seasoning, then add chicken broth and simmer 5 minutes.
 4. Reduce heat, stir in heavy cream, and return sausage to the pan.
 5. Simmer 5 more minutes until slightly thickened, then serve over rice or grits.
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9. Sausage and Peppers Breakfast Skillet

Turns leftovers (or a fresh batch) into a hearty breakfast with eggs and potatoes.

Ingredients

- 1 lb Italian sausage, casings removed
- 2 bell peppers, diced
- 1 onion, diced
- 2 cups diced potatoes, par-cooked
- 4 eggs
- 2 tbsp olive oil
- 1/2 cup shredded cheddar
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet and cook potatoes until golden, about 10 minutes.
 2. Add sausage, breaking into crumbles, and cook until browned.
 3. Stir in peppers and onion, cooking until softened, about 7 minutes.
 4. Make four wells in the mixture, crack an egg into each, and cover until eggs are set.
 5. Top with shredded cheddar and serve straight from the skillet.
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10. Sausage and Peppers Sub Sandwich

The ultimate handheld version, piled high on a toasted hoagie roll.

Ingredients

- 1.5 lbs Italian sausage links
- 3 bell peppers, sliced
- 1 large onion, sliced
- 4 hoagie rolls
- 1 cup shredded provolone or mozzarella
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions

1. Cook sausages in olive oil over medium heat until browned and cooked through; slice on a bias.
2. In the same pan, saute peppers and onion with oregano until soft and slightly caramelized.
3. Split hoagie rolls and layer in sausage and pepper mixture.
4. Top with shredded cheese and broil briefly until melted and bubbly.
5. Slice and serve hot.