
Sausage, Onions, and Peppers

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 35 minutes

INGREDIENTS

- | | |
|--|---|
| <input type="checkbox"/> 1 lb. sausage links | <input type="checkbox"/> 2 (14 ounces) cans of crushed tomatoes or 1 (28 ounces) cans of crushed tomatoes |
| <input type="checkbox"/> 2 c. red, yellow, orange, or green peppers sliced | <input type="checkbox"/> 1 (14 ounce) can of tomato sauce |
| <input type="checkbox"/> 1 onion cut into rings | <input type="checkbox"/> 1 Tbsp. Italian seasoning |
| <input type="checkbox"/> ½ c. of water | <input type="checkbox"/> Salt and pepper to taste |
-

DIRECTIONS

1. Place the water, crushed tomatoes, and tomato sauce in the pressure cooker.
 2. Sprinkle the Italian seasoning, salt, and pepper over the tomato sauce mixture.
 3. Place the sausage links over the tomato sauce mixture.
 4. Place the onions and peppers over the sausage.
 5. Put the lid back on the pressure cooker. Make sure it is sealed.
 6. Cook on high pressure for 25 minutes. Use the quick release to release the extra steam.
-

NOTES

Serve over rice, pasta, or on a bun with cheese.

Slow cooker: Complete steps 1 - 4 in a slow cooker. Then cook for 6 hours on low until the sausage is fully cooked.