

## Classic Sausage & Peppers with Onions: Easy Skillet Meal

There are some dishes that are timeless for a reason, and



**TIME**  
**15 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

4 Italian sausages (mild or spicy, your choice)

2 bell peppers, sliced (any color or a mix of colors)

1 large onion, sliced

2 Tbsps olive oil

1 tsp garlic powder

$\frac{1}{2}$  tsp dried oregano

Salt and pepper to taste

Fresh basil or parsley (optional for garnish)

Crusty bread or hoagie rolls (optional for serving)

Swaps and Notes:

**Sausage:** Use your favorite type of Italian sausage - mild for a classic flavor, or spicy if you like a kick. Chicken or turkey Italian sausage can be used as a leaner alternative. You could also use bratwursts for a different flavor profile, especially if adding beer.

**Bell Peppers:** Any color bell pepper works well. A mix of red, yellow, and green adds visual appeal and a slightly varied sweetness.

**Onion:** A yellow or white onion is standard. Red onion could be used for a stronger flavor and more color.

**Herbs:** Dried oregano is a classic pairing. You could also add a pinch of dried basil, thyme, or fennel seeds (if using mild Italian sausage for that authentic flavor). Fresh herbs for garnish are highly recommended.

**Garlic:** While garlic powder is convenient, a few cloves of fresh minced garlic added with the bell peppers and onions would provide an even stronger aroma and flavor.

**Liquid (Optional):** For a saucier dish, especially if serving over rice or pasta, you could add ...-% cup of chicken or beef broth after the vegetables have softened, and simmer for a few minutes.

**Spicy Kick:** If using mild sausage and want more heat, add a pinch of red pepper flakes with the garlic powder and oregano.

**Instructions:**

**Brown the Sausages:** Heat 2 tablespoons of olive oil in a large skillet or deep pan over medium heat. Once the oil is shimmering, add the Italian sausages. Cook, turning occasionally, until they are beautifully browned on all sides and cooked through, about 15 minutes. Use a meat thermometer to ensure they reach an internal temperature of 160°F (71°C). Once cooked, remove the sausages from the pan and set them aside on a plate.

**SautØ Peppers and Onion:** In the same pan (don't drain the flavorful drippings!), add the sliced bell peppers and sliced large onion. SautØ over medium heat for about 7 minutes, stirring occasionally, until the vegetables have softened and started to turn golden brown.

**Season the Veggies:** Sprinkle the softened peppers and onions with garlic powder, dried oregano, salt, and black pepper. Stir well to combine all the seasonings with the vegetables.

**Combine & Serve:** Return the cooked sausages to the pan with the sautØed peppers and onions. Toss everything together briefly to combine and warm the sausages through again. Serve hot! These are fantastic on their own, or traditionally, made into sandwiches. Great with a dollop of mustard!

**Tips for Success:**

**Don't Overcrowd the Pan:** When browning the sausages, ensure they have enough space to sear properly. Cook in batches if necessary.

**Build Flavor in Layers:** Cooking the vegetables in the same pan as the sausage allows them to absorb all those delicious meat drippings, enhancing their flavor.

**Cook Veggies Until Soft:** Take your time sautØing the peppers and onions. Allowing them to soften and even get a little caramelized brings out their natural sweetness.

**Season to Taste:** Always taste your vegetables after seasoning and adjust salt and pepper as needed.

**Versatile Serving:** This dish is incredibly versatile. It's delicious on its own, in a sandwich, or over pasta or rice.

**Serving Suggestions and Pairings:**

On crusty hoagie rolls or other sturdy bread, perhaps with a spread of Dijon mustard or a sprinkle of provolone cheese.

Over a bed of white rice or quinoa.

Alongside creamy polenta or mashed potatoes.

With a simple side salad to add freshness.

As a topping for pizza or flatbreads.

My This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor for another easy and flavorful one-pan dish.

## DIRECTIONS

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9. **Versatile :** Serving: This dish is incredibly versatile. It's delicious on its own, in a sandwich, or over pasta or rice.
10. **Serving Suggestions and Pairings:** These Sausage & Onions/Peppers are a wonderfully satisfying meal. They are truly classic when served:
  11. On crusty hoagie rolls or other sturdy bread, perhaps with a spread of Dijon mustard or a sprinkle of provolone cheese.
  12. Over a bed of white rice or quinoa.
  13. Alongside creamy polenta or mashed potatoes.
  14. With a simple side salad to add freshness.
  15. As a topping for pizza or flatbreads.
  16. For other fantastic skillet and comforting meals, you might also enjoy:
17. **My This :** Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor for another easy and flavorful one-pan dish.
18. **Storage and Leftover Tips:** Leftover Sausage & Onions/Peppers can be stored in an airtight container in the refrigerator for up to 3-4 days. To reheat, gently warm in a skillet over medium-low heat or in the microwave until heated through. The flavors often meld even more after a day, making leftovers incredibly delicious for sandwiches or quick meals.
19. **More Recipes You Will Love:** If you loved the easy, comforting, and flavorful nature of this sausage and peppers dish, you'll find similar satisfaction in these other fantastic recipes:
  20. For another hearty, comforting meat dish, check out This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.
  21. If you're looking for an easy, cheesy crowd-pleaser perfect for game day, try my These Sheet Pan Quesadillas are My Favorite Way to Feed a Crowd Fast.
  22. And for a fun, interactive meal that's perfect for gatherings, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is always a huge hit.
  23. For a super convenient and tasty start to your day, my This One-Pan Breakfast Bake Will Make You Skip is fantastic.
24. **Final Thoughts:** This Sausage & Onions/Peppers recipe is a timeless classic that delivers big on flavor and comfort with minimal effort. It's perfect for satisfying those cravings for hearty, savory goodness, whether you enjoy it on its own or tucked into a warm, crusty roll. It's a testament to how simple ingredients, cooked well, can create truly memorable meals. Give it a try - you'll love this easy and delicious skillet staple!
25. What are your favorite quick skillet meals for busy weeknights? Share your ideas in the comments below, and don't forget to follow Chef Maniac for more

delicious and inspiring recipes!

## SWAPS & NOTES

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**Bell Peppers:** Any color bell pepper works well.

## TIPS FOR SUCCESS

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-sausage-peppers-with-onions-easy-skillet-meal/>