

One-Skillet Wonder: Our Favorite Sausage, Pepper, and Provolone Sub Recipe

The Ultimate Italian Sausage and Pepper Subs: Cheesy, Saucy, and Ready in 35 Minutes



TIME
35 min

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INGREDIENTS

? Swaps and Notes:

Sausage: If you can't find Italian sausage links, you can use ground Italian sausage. Brown it, crumble it, and add it to the peppers and onions. If you want a poultry option, use chicken or turkey Italian sausage.

Vegetables: Feel free to add a sliced yellow bell pepper for more color, or even a few mushrooms or zucchini slices.

Cheese: Mozzarella is a fine substitute for provolone, but the provolone really brings a signature tang.

Heat Level: If you use mild sausage, you can increase the crushed red pepper flakes. If you're using spicy sausage, you may want to omit them entirely.

Rolls: A crusty Italian loaf or French bread cut into four equal portions works if you can't find dedicated sub rolls.

??? Step-by-Step Instructions:

Preheat and Start the Sausage: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup. Heat 1 tablespoon of olive oil in a large, heavy-bottomed skillet over medium heat. Add the sausage links and cook, turning occasionally, until they are browned on all sides (about 8 minutes).

Finish the Sausage: Transfer the browned sausage links to the prepared baking sheet. Place in the

preheated oven and cook for another 10-12 minutes, or until the sausages are fully cooked through. This two-step process ensures a browned exterior and a perfectly juicy interior.

Sauté the Veggies: While the sausage is in the oven, use the same skillet (don't clean it-the fond adds flavor!). Add the remaining 1 tablespoon of olive oil. Add the sliced bell peppers and onions. Sauté over medium-high heat until the vegetables are soft and beautifully caramelized, about 10 minutes.

Build the Flavor Base: Add the minced garlic, dried oregano, crushed red pepper flakes (if using), salt, and pepper to the vegetables. Stir and cook for another 2 minutes until the garlic is fragrant.

Add the Sauce and Simmer: Pour in the marinara sauce and stir to thoroughly combine it with the vegetables. Let this mixture simmer gently for 3-4 minutes to allow the flavors to meld.

Combine and Toast the Rolls: Once the sausages are done, you can slice them lengthwise (this allows them to absorb the sauce better) and return them to the skillet to toss them with the pepper and onion mixture. While that heats briefly, lightly toast your hoagie rolls in the oven for about 3 minutes.

Assemble and Serve: Place one slice of provolone cheese inside each toasted roll. Spoon the generous sausage and pepper mixture into each roll, ensuring every sub gets an equal amount of meat and vegetables. Garnish with fresh basil or parsley if you like, and serve piping hot.

? **Tips for Success:**

Don't Overcrowd the Pan: When sautéing the peppers and onions, make sure your skillet is large enough. If you crowd them, they will steam instead of caramelize, and you'll miss out on that essential sweetness.

The Toast is Crucial: Lightly toasting the hoagie roll not only adds texture but, most importantly, creates a barrier that prevents the sauce from immediately soaking the bread. This keeps the sub structurally sound and enjoyable to the last bite.

Mild vs. Spicy: If you love heat, use hot Italian sausage and include the crushed red pepper flakes. If you prefer a milder taste, use sweet or mild Italian sausage and omit the flakes.

? **Serving Suggestions and Pairings:**

A simple green salad dressed with a bright vinaigrette.

Potato Chips: A classic, crispy, salty side that provides a necessary textural contrast.

Fries: If you're feeling indulgent, garlic parmesan fries are a perfect match.

Drinks: A crisp lager or pale ale is a fantastic pairing. For a non-alcoholic option, my recipe for

This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days cuts through the richness beautifully.

? Nutritional Information (Per Serving):

? Storage and Leftover Tips:

Storage: The assembled subs do not store well because the bread will get soggy. The best way to store leftovers is to keep the sausage and pepper filling separate from the rolls. Place the filling in an airtight container and refrigerate for up to 3 days.

Reheating: Reheat the filling in a skillet over medium heat or in the microwave. Toast a fresh roll, add a slice of cheese, and fill it up!

Repurposing: The leftover sausage and pepper mixture is fantastic over pasta-like my recipe for Classic Spaghetti Recipe with Homemade Sauce-or even served over rice or in an omelet the next morning. It's incredibly versatile.

? More Recipes You Will Love:

Easy Cheesy Chicken Sliders with Marinara Garlic Butter

These Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast

This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort

? Final Thoughts:

DIRECTIONS

1. **Prep :** Time: 10 minutes | **Cooking Time:** 25 minutes | **Total Time:** 35 minutes
2. **Servings:** 4 subs
3. **Preheat and :** **Start the Sausage:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup. Heat 1 tablespoon of olive oil in a large, heavy-bottomed skillet over medium heat. Add the sausage links and cook, turning occasionally, until they are browned on all sides (about 8 minutes).
4. **Finish the :** **Sausage:** Transfer the browned sausage links to the prepared baking sheet. Place in the preheated oven and cook for another 10-12 minutes, or until the sausages are fully cooked through. This two-step process ensures a browned exterior and a perfectly juicy interior.
5. **Sauté the Veggies:** While the sausage is in the oven, use the same skillet (don't clean it-the fond adds flavor!). Add the remaining 1 tablespoon of olive oil. Add the sliced bell peppers and onions. Sauté over medium-high heat until the vegetables are soft and beautifully caramelized, about 10 minutes.
6. **Build the :** **Flavor Base:** Add the minced garlic, dried oregano, crushed red pepper flakes (if using), salt, and pepper to the vegetables. Stir and cook for another 2 minutes until the garlic is fragrant.
7. **Add the :** **Sauce and Simmer:** Pour in the marinara sauce and stir to thoroughly combine it with the vegetables. Let this mixture simmer gently for 3-4 minutes to allow the flavors to meld.
8. **Combine and :** **Toast the Rolls:** Once the sausages are done, you can slice them lengthwise (this allows them

to absorb the sauce better) and return them to the skillet to toss them with the pepper and onion mixture. While that heats briefly, lightly toast your hoagie rolls in the oven for about 3 minutes.

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10. ? Tips for Success: Don't Overcrowd the Pan: When sautéing the peppers and onions, make sure your skillet is large enough. If you crowd them, they will steam instead of caramelize, and you'll miss out on that essential sweetness.
11. The : Toast is Crucial: Lightly toasting the hoagie roll not only adds texture but, most importantly, creates a barrier that prevents the sauce from immediately soaking the bread. This keeps the sub structurally sound and enjoyable to the last bite.
12. Mild vs. Spicy: If you love heat, use hot Italian sausage and include the crushed red pepper flakes. If you prefer a milder taste, use sweet or mild Italian sausage and omit the flakes.
13. ? Serving Suggestions and Pairings: This sub is a meal in itself, but it pairs wonderfully with a few simple sides:
14. A simple green salad dressed with a bright vinaigrette.
15. Potato : Chips: A classic, crispy, salty side that provides a necessary textural contrast.
16. Fries: If you're feeling indulgent, garlic parmesan fries are a perfect match.
17. Drinks: A crisp lager or pale ale is a fantastic pairing. For a non-alcoholic option, my recipe for This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days cuts through the richness beautifully.
18. ? Nutritional Information (Per Serving): Export to Sheets
19. Note: This is an estimated nutritional breakdown and will vary based on the specific ingredients (especially the fat content of the sausage) and brands used.
20. ? Storage and Leftover Tips: Storage: The assembled subs do not store well because the bread will get soggy. The best way to store leftovers is to keep the sausage and pepper filling separate from the rolls. Place the filling in an airtight container and refrigerate for up to 3 days.
21. Reheating: Reheat the filling in a skillet over medium heat or in the microwave. Toast a fresh roll, add a slice of cheese, and fill it up!
22. Repurposing: The leftover sausage and pepper mixture is fantastic over pasta-like my recipe for Classic Spaghetti Recipe with Homemade Sauce-or even served over rice or in an omelet the next morning. It's incredibly versatile.
23. ? More Recipes You Will Love: If you enjoyed the savory, cheesy comfort of this sub, you'll want to

check out these other favorites:

24. Easy : Cheesy Chicken Sliders with Marinara Garlic Butter
25. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast

SWAPS & NOTES

Italian Sausage Links 4 (mild or spicy) Use good quality for the best flavor.

Olive Oil 2 tablespoons Used for browning the sausage and sautéing the vegetables.

Red Bell Pepper 1, sliced Adds sweetness and color.

Green Bell Pepper 1, sliced The classic combination is essential.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: When sautéing the peppers and onions, make sure your skillet is large enough.

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The Toast is Crucial: Lightly toasting the hoagie roll not only adds texture but, most importantly, creates a barrier that prevents the sauce from immediately soaking the bread.

This keeps the sub structurally sound and enjoyable to the last bite.

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