

Easy Slow Cooker Sausage and Peppers with Marinara Sauce

Slow Cooker Sausage & Peppers



METHOD

Slow cooker

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INGREDIENTS

Olive oil, for sautéing the sausages
Mildly spicy pork Italian sausage links
1 orange bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 red bell pepper, cut into strips
1 white onion, sliced into half moons
Fresh garlic cloves, minced
Italian seasoning
Sea salt
Black pepper
Marinara sauce, homemade or store-bought

DIRECTIONS

1. **Brown the sausages:** Heat a little olive oil in a skillet over medium-high heat. Add the sausages and brown them on each side. They do not need to be fully cooked at this stage; you are just building flavor and color.
2. **Layer the vegetables:** In the slow cooker, combine the sliced bell peppers, onion, minced garlic, Italian seasoning, sea salt, and black pepper. Toss everything together so the seasonings are evenly distributed.
3. **Add the marinara:** Pour the marinara sauce evenly over the vegetables, covering them well.
4. **Add the sausages:** Place the browned sausages on top of the vegetable mixture in the slow cooker.
5. **Cook:** Cover and cook on Low for 4 to 5 hours or on High for 2 to 3 hours, until the sausages are cooked through and the peppers and onions are tender.
6. **Serve:** Serve the sausage and peppers hot, either on their own, over pasta, or tucked into toasted rolls.

SWAPS & NOTES

Italian sausage is the classic choice here, but you can use sweet, mild, or hot sausage depending on how much spice you want.

Chicken or turkey Italian sausage can also work if you want something a little lighter.

The mix of orange, yellow, and red peppers adds sweetness and color, but green bell peppers can be added if you like a more savory, slightly bitter pepper flavor.

Store-bought marinara makes this recipe especially easy, but homemade sauce can take it to the next level if you have some on hand.

TIPS FOR SUCCESS

Browning the sausages before slow cooking is worth the extra step.

It adds much more flavor than simply placing raw sausages into the cooker.

Try not to overcook the peppers if you want them to keep a bit of texture.

Check the dish toward the earlier end of the cooking range if your slow cooker runs hot.

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

Original recipe: <https://chefmaniac.com/easy-slow-cooker-sausage-and-peppers-with-marinara-sauce/>