

Easy Italian Sausage with Peppers and Onions in a Skillet

It is classic, comforting, and always a good idea.



TIME
15 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 4 Italian sausages, mild or spicy
- 2 bell peppers, sliced
- 1 large onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- Salt, to taste
- Black pepper, to taste
- Fresh basil or parsley, optional for garnish
- Crusty bread or hoagie rolls, optional for serving

DIRECTIONS

- 1.** Heat the pan: Place a large skillet or sauté pan over medium heat and add the olive oil.
- 2.** Brown the sausages: Add the Italian sausages and cook until browned on all sides, about 15 minutes. Turn them occasionally so they color evenly. Once browned and cooked through, remove them from the pan and set aside.
- 3.** Cook the peppers and onion: In the same pan, add the sliced bell peppers and onion. Sauté for about 7 minutes, or until they have softened and picked up some flavor from the pan.
- 4.** Season the vegetables: Sprinkle the peppers and onions with garlic powder, dried oregano, salt, and black pepper. Stir well to coat everything evenly.
- 5.** Serve: Serve the sausages with the peppers and onions on the side, or tuck everything into crusty bread or hoagie rolls to make sandwiches. Mustard is especially good with this.

SWAPS & NOTES

Italian sausage is the traditional choice here, and either mild or spicy works well depending on your taste.

Spicy sausage adds more heat, while mild sausage lets the sweetness of the peppers and onions come through more clearly.

Red, yellow, and orange peppers are a little sweeter, while green peppers bring a more savory, slightly sharper flavor.

A mix of colors makes the skillet especially pretty.

TIPS FOR SUCCESS

Let the sausages brown well before removing them from the pan.

That color builds a lot of flavor and helps create a better base for the peppers and onions.

Use the same pan for the vegetables so they pick up all the savory browned bits left behind by the sausage.

Letting them soften properly gives the dish its signature sweet-and-savory balance.

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

Original recipe: <https://chefmaniac.com/easy-italian-sausage-with-peppers-and-onions-in-a-skillet/>