

Sausage & Peppers

Ingredients

About 1 lb of sausage (beef or turkey)
3 tbsp of olive oil
1 8 12 oz can of tomatoes
1 green pepper , cut into strips
1 red pepper cut into strips
2 tbsp Italian seasoning
6 cloves chopped fresh garlic
1 large onion , cut into thin wedges
¼ cup shredded Parmesan cheese
¼ cup shredded mozzarella cheese

Preparation

Heat the oil in a saucepan , brown the sausage on all sides thoroughly.
Add the peppers , tomatoes , Italian seasoning , simmer for about 15 min.
Add the garlic & onion , sprinkle with the cheeses and simmer for another 5-10 min.
Serve hot.

Great with biscuits or over wide noodles.