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## Slow Cooker Italian Sausage and Peppers

yield: 6 PEOPLE prep time: 10 MINS cook time: 5 HRS total time: 5 HRS 10 MINS

*Make this Slow Cooker Italian Sausage and Peppers today and enjoy all the Italian flavors. It's very filling, and you can have it on its own or as an easy add-on to zucchini pasta, regular pasta, cauliflower rice, regular rice, mashed cauliflower or potatoes and of course sandwiches.*

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### INGREDIENTS

- 1 tbsp olive oil
- 1 lb fresh Italian sausage links - nitrate-free — (or 6 medium Italian sausage links in their casing)
- 1 medium onion — cut into 1/4-inch-wide strips
- 3 cloves garlic
- 8 oz (227) white mushroom — sliced
- 2 red bell pepper — cut into 1/4-inch-wide strips
- 1 1/2 cup any tomato sauce — (I prefer homemade tomato sauce or you can use 28oz can of crushed tomatoes)
- Coarse salt and ground black pepper to taste

- Fresh parsley for garnishing

## INSTRUCTIONS

1. Over medium-high, heat olive oil in a large skillet. Add sausage links, and cook for about 2 minutes each side, just until they get brown (but the sausage will not be cooked though). Place them on a cutting board, slice them and place in the slow cooker.
2. Add onions and cook for about 2 minutes. Stir constantly. Then add garlic and cook for 30 seconds. Transfer onions and garlic to the slow cooker.
3. In the same skillet add mushroom (if necessary pour more olive oil in the skillet) and cook for 2 minutes or until they get a nice golden color. Transfer to the slow cooker.
4. Add bell pepper, tomato sauce, salt and black pepper to the slow cooker.
5. Cover and cook for 5 hours on low or 3 hours on high, or until sausages are cooked through and tender.
6. Top with parsley. Enjoy!

## RECIPE NOTES

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Store leftovers in the refrigerator for up to 4 days or freeze for up to 3 months. Let thaw overnight in the refrigerator. Reheat gently on the stove.

Course: dinner Cuisine: American, Italian

Keyword: gluten-free, Italian Sausage, low-carb, paleo, peppers, sausage and peppers, Slow Cooker, whole30

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## NUTRITION INFORMATION

*Amount per serving (1/6)* — Calories: **126**, Fat: **7g**, Saturated Fat: **1g**, Polyunsaturated Fat: **1g**, Monounsaturated Fat: **3g**, Cholesterol: **13mg**, Sodium: **554mg**, Potassium: **361mg**, Carbohydrates: **12g**, Fiber: **3g**, Sugar: **6g**, Protein: **6g**

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