



Instant Pot Sausage and Peppers

Savannah · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

45 mins

Description

Theres something comforting about sausage and peppers Maybe its a favorite during the fall or served on a bun with tailgating regardless you can go wrong cooking this classic in the Instant Pot

Ingredients

- - 2 tablespoons olive oil - 2 green bell peppers
- seeded and cut into strips - 2 red bell peppers
- seeded and cut into strips - 1 onion
- sliced
- separated into rings - 1 (8 ounce) can tomato sauce - 2 cloves garlic - $\frac{1}{2}$ teaspoon Italian seasoning - $\frac{1}{2}$ teaspoon salt - 1 (20 ounce) package turkey Italian sausage links

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select Saute function. Once pot is hot
2. add oil
3. green and red bell peppers
4. and onion. Cook until vegetables are tender
5. about 5 minutes. Lightly prick sausage casings with a fork and add to pot. Brown sausages on all sides
6. about 5 minutes. Add tomato sauce
7. garlic
8. Italian seasoning
9. and salt. Close and lock the lid. Turn off Saute function and select high pressure according to manufacturer's instructions; set timer for 8 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions
10. about 5 minutes. Unlock and remove the lid. Cut sausages on the diagonal into small pieces. Serve immediately.