

Turkey Sausage and Pepper Skillet

Savannah · 30/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

4

Description

This easy and flavorful turkey sausage and pepper skillet recipe is one you'll want to put in your regular rotation. It's healthier than using pork sausage and makes for a quick weeknight dinner and works well for mealprepping. I like to serve mine over steamed rice.

Ingredients

- 2 tablespoons olive oil
- divided - 4 sweet Italian turkey sausage links - 1 large red onion
- chopped - 1 red bell pepper
- cut into 1 1/2-inch chunks - 1 green bell pepper
- cut into 1 1/2-inch chunks - 3 cloves garlic
- minced - 1/2 teaspoon crushed red pepper
- or more to taste - salt and ground black pepper to taste

Instructions

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Cook turkey sausages until they begin to brown and firm up
2. 3 to 4 minutes per side. Remove to a cutting board and let cool slightly before cutting into 1/2-inch thick diagonal slices; they will not be completely cooked at this point. Heat remaining 1 tablespoon oil in the same skillet over high heat. Quickly stir-fry onion until it begins to brown
3. about 1 minute. Add peppers and continue cooking over high heat
4. stirring constantly
5. until peppers begin to brown
6. 2 to 3 minutes. Do not overcrowd the skillet in order to get a nice char on vegetables. Mix in garlic and cook for 1 minute. Return sausage
7. and any accumulated juices
8. to the skillet. Season with crushed red pepper
9. salt
10. and pepper and reduce heat to medium. Stir to combine and continue cooking until sausage is no longer pink in the center
11. about 2 minutes more. Cook's Note I sometimes use hot Italian turkey sausage instead of sweet.