



CROCK POT SAUSAGE, PEPPERS & ONIONS

By Dr. Cindy Tanzar
(Standard)

This recipe is a weight-loss friendly version of Italian sausage and peppers in marinara sauce. It is simple, tasty and delicious eaten simply on a plate - without adding heavy high-carb rolls.

This recipe makes 4 servings. One serving covers your protein (1-1/2 sausage links) and vegetable for one meal.



INGREDIENTS

- 1 Tbsp avocado oil
- 6 AlFresca Italian Chicken Sausage
- 3 large Bell Peppers (red, orange, yellow), cut in strips
- 2 medium yellow onions, cut in same size strips as peppers
- 6 cloves garlic, minced
- 1 Tbsp Italian seasoning
- 1/2 tsp Pink Himalayan salt



1/4 tsp black pepper

1 to 1-1/4 cups marinara sauce, depending on how saucy you prefer (brand without sugar like Newman's, Rao, etc.)

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Once hot, add sausages, turning until just browned on all sides.

In the crockpot, add the Bell peppers, onions, garlic, Italian seasoning, salt & pepper. Toss to coat. Add marinara evenly over the vegetables and place browned sausages on top.

Cook for 4-5 hours on low or 2-3 hours on high.