

Treasure Barrel

Hearty Italian Beef Sausage Casserole Delight

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs Italian beef sausage, sliced
- [ ] 2 large bell peppers (red & yellow), sliced
- [ ] 1 medium onion, thinly sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 can (28 oz) crushed tomatoes
- [ ] 1 cup shredded mozzarella cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] ½ cup sliced black olives
- [ ] ¼ cup fresh basil, torn

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, heat olive oil over medium-high heat and brown the sausage slices until they develop a golden crust, about 4-5 minutes per side. Remove and set aside.
2. In the same skillet, add onion and bell peppers; sauté until they start to soften, about 6 minutes. Add garlic and cook another minute until fragrant.
3. Stir in the crushed tomatoes, oregano, salt, and pepper. Let the sauce simmer for 5 minutes, then return the sausage to the pan, mixing everything together.
4. Transfer the mixture to a deep baking dish, sprinkle mozzarella evenly on top, and cover with foil. Bake for 30 minutes, then remove foil and bake an additional 10-15 minutes until cheese is bubbling and lightly browned.
5. Allow the casserole to rest for 5 minutes before serving; garnish with fresh basil if desired.

Nutrition per serving

480 kcal	32 g	30 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, add a splash of broth or water before baking.
- For a smoky flavor, use smoked paprika in the seasoning blend.
- Feel free to swap bell peppers for roasted zucchini for a different texture.