

Treasure Barrel

Italian Sausage and Pepper Casserole

20 min Prep time	**35 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb mild Italian-style beef sausage, casings removed
- [ ] 2 large bell peppers (1 red, 1 yellow), sliced
- [ ] 1 large yellow onion, thinly sliced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup tomato sauce
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil

For Topping

- [ ] 2 cups shredded mozzarella cheese
- [ ] 2 tbsp grated Parmesan cheese (optional)
- [ ] Fresh basil or parsley for garnish (optional)

Instructions

1. Preheat your oven to 375°F (190°C). Grab a large, oven-safe skillet. If you don't have one, you can brown the sausage in a regular skillet and then transfer everything to a 9x13 inch baking dish. Heat the olive oil over medium-high heat.

2. Add the beef sausage to the hot skillet, breaking it up with a spoon as it cooks. Brown it until it's cooked through and has some nice color, about 5-7 minutes. Use a slotted spoon to remove the sausage and set it aside on a plate. Leave about a tablespoon of drippings in the skillet.

3. Add the sliced peppers and onions to the same skillet. Sauté them in the drippings until they start to soften and get a little color, about 8-10 minutes. Stir in the minced garlic and cook for one more minute, until it smells amazing.

4. Turn off the heat. Return the cooked sausage to the skillet with the peppers and onions. Pour in the tomato sauce, and sprinkle in the oregano, salt, and pepper. Give it all a good stir until everything is nicely combined.

5. If you're using a baking dish, transfer the mixture to it now. Otherwise, just leave it in the oven-safe skillet. Spread the mixture evenly. Top it generously with the shredded mozzarella and the Parmesan, if you're using it.

6. Bake for 20-25 minutes, until the cheese is melted, bubbly, and spotty brown. Take it out and let it rest for about 5 minutes before serving. This rest is like the quiet moment after a busy day – it just lets everything come together perfectly. Garnish with fresh herbs if you like.

Nutrition per serving

420 kcal	26 g	15 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a spicier kick, use hot Italian beef sausage or add a pinch of red pepper flakes with the oregano.
- Leftovers reheat beautifully in the microwave or a covered skillet.
- This is a great base recipe – feel free to add mushrooms or other veggies you have on hand.