

Jo's Sausage, Peppers & Onions

Ingredients:

- 1 pound sweet Italian turkey sausage
- 2 red bell peppers, sliced
- 2 yellow onions, sliced
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 (15-ounce) can diced tomatoes
- 2 tablespoons tomato paste
- 1 cup chicken broth (or whatever broth you've got)
- Salt and pepper, to taste
- Olive oil (a swirl for the pan)
- Red pepper flakes (optional, for a little kick)
- Cooked jasmine rice or pasta, for serving

Directions:

1. In a large skillet, heat a swirl of olive oil over medium heat. Brown the turkey sausage on all sides, then remove and set aside.
2. In the same pan, add the sliced onions and cook until they just start to turn translucent.
3. Toss in the sliced bell peppers and cook for a few minutes more.

4. Stir in the oregano, basil, and minced garlic. Let it all cook together for about a minute until fragrant.
5. Add in the tomato paste, diced tomatoes, broth, and a pinch of salt and pepper. Throw the sausage back in and give everything a good stir.
6. Let it simmer uncovered, stirring occasionally, until the sauce thickens and the flavors meld—about 20 minutes or so. Taste and adjust seasoning as needed. Add red pepper flakes if you're feeling spicy.
7. Serve over hot jasmine rice or your favorite pasta.