



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Sausage, Potato and Pepper Skillet



1 1/2 Tablespoons olive oil, divided  
1 1/2 lb. gold potatoes, cut into 1/2-inch cubes  
12 oz. smoked turkey sausage  
1 red bell pepper, chopped

1/2 medium onion, chopped  
1 large garlic clove, minced  
1 teaspoon Italian seasoning  
1/4 teaspoon black pepper

**Instructions:** Heat 1 Tablespoon oil in a large skillet. Add potatoes and cook until fork tender and slightly brown, 12 to 15 minutes. Remove potatoes to a bowl and cover to keep warm. Heat 1/2 Tablespoon oil in the same skillet. Add the sausage, red pepper and onion. Cook, stirring occasionally, until sausage is browned and vegetables are softened. Stir in garlic and seasoning, cooking for 1-2 minutes. Stir the potatoes back in and serve warm.

*Yield: 6 servings*

**Nutrition Facts** (per serving): 210 calories, 8 grams fat, 560 milligrams sodium, 26 grams carbohydrate, 3 grams fiber, 11 grams protein