

My Riff on Mom's Sausage and Peppers

Serves 4

1# Italian sausage, spicy or mild, your choice
2 bell peppers, your choice of color
½# yellow onions, cut into quarters, skin on if roasting
4 oz sliced mushrooms, optional
½# potatoes (Yukon gold are nice), quartered and sliced 1/4" thick, optional
1/3 bag baby spinach, chopped if desired, optional
½ jar spaghetti sauce, or more (can substitute tomato puree or paste)
1 can fire roasted tomatoes (diced regular are fine)
Garlic powder
Italian seasoning
Olive oil
Parmesan cheese
Salt and pepper



Grill sausage. I like to do it outside to avoid messing up the oven but could do it oven turning until done or on stovetop. Can be pink inside as it will continue to be cooked. Cool, then cut into pieces, smaller if serving as a potluck and larger if sitting down to dinner and have knife and fork handy. Set aside. Heat oven to 375 deg. Line a low-sided roasting pan with foil. Place onions on one side of pan and drizzle with oil. Turn and ensure sides are oiled. Lightly salt. Place peppers on sheet, no oil needed. Roast for 30-45 min, turning peppers and onions occasionally. When onions lightly caramelized and peppers lightly browned/blackened on all sides, remove from oven and cover peppers with foil so they steam and let all cool.



Place your large saucepan on the stove and add the spaghetti sauce (or paste/puree with sufficient water), sausage, sliced mushrooms, and fire roasted tomatoes. Bring to a low simmer. When roasted vegetables are easy to handle, remove skin from peppers, discarding stem and seeds, and cut into strips and add to sausage mixture. Pull back skin from onions and cut off leaving tender pieces. If large pieces, roughly cut into smaller pieces and add to sausage. Add spinach. Add garlic and Italian seasoning to taste, likely more needed if using puree or paste. Bring up temp to get to low boil, then lower heat to simmer for 30 min to meld flavors. Add sliced potatoes and cook until just done, maybe 30 min. I just check it for doneness so not exactly sure of the time. Add Parmesan to simmering mixture or serve on the side. I grew up on Locatelli Romano but it is expensive so use what you have.

Notes: Freezes well. Can make and serve several days later. My mother makes it with just sausage, peppers, and onions. The rest are my modifications over the years. You can use mild Italian sausage or turkey sausage. You could use a jar or two of roasted peppers and simply cut up. You can also peel and cut up onions and sauté in olive oil instead of roasting. Roasting works really well when I'm making a large quantity for a crowd. If making one day and serving the next, I leave potatoes a little firm so they don't get too mushy when you reheat it. You can play with the amount of sauce you add depending on how you want to serve it. Use less if you want to serve it on a plate (am thinking potluck) or more if serving in a bowl with bread to dunk into sauce or over pasta. Can also try it as a sandwich in a nice piece of warmed Italian bread cut lengthwise, then sprinkled with shredded mozzarella or a slice of provolone and finished quickly under the broiler. Keep an eye out so it melts and browns but doesn't burn.



Potluck size (1.5-2 gallons): I used 5# of Costco spicy Italian sausage, a 3# bag of onions, 10 large bell peppers, 2# of mushrooms, 3 jars of sauce, 3 cans of tomatoes, and 3# potatoes. I basically roast onions on one tray and peppers on the 2nd at the same time.