



Sausage, Pepper and Onion One-Pot

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



1188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes canned
- ☐ 1 cup chicken stock see
- ☐ 1 loaf ciabatta bread
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 teaspoons fennel seed
- ☐ 1 handful a flat-leaf parsley generous finely chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 2 cubanelle peppers thinly sliced
- ☐ 1 bell pepper red cored thinly sliced
- ☐ 1 chile pepper red thinly sliced
- ☐ 2 pounds and/or sausages sweet italian hot
- ☐ 2 tablespoons tomato paste
- ☐ 2 large onions red yellow thinly sliced

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the sausages in a high-sided skillet or Dutch oven and add 1-inch water and 1 tablespoon extra-virgin olive oil to the pan. Bring the mixture to a boil, then reduce the heat a bit and allow the water to boil away. The sausages will gently cook through in the water, and then the oil will crisp the casings up to a deep brown.
- ☐ Remove the sausages to a plate.
- ☐ Heat extra-virgin olive oil, a couple of turn of the pan, in the same skillet over medium-high heat, stir in fennel seed and chile pepper, then add in the peppers, onions, and garlic as you slice them, season with salt and pepper and cook 15 minutes to soften. Stir in the tomato paste 1 minute, then wine for 1 minute more.
- ☐ Add the chicken stock and canned tomatoes. Finish with parsley.
- ☐ Slice the sausages on an angle and add to the pot. Cover, cool completely, and store for a make-head meal. Reheat, covered, over moderate heat or in moderate oven.
- ☐ Crisp up chunks of bread in a warm oven just before serving for mopping up your plate!

Nutrition Facts



 PROTEIN **16.94%**  FAT **56.09%**  CARBS **26.97%**

Properties

Glycemic Index:75.5, Glycemic Load:5.58, Inflammation Score:-9, Nutrition Score:33.966086843739%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg

Nutrients (% of daily need)

Calories: 1188.24kcal (59.41%), Fat: 72.96g (112.25%), Saturated Fat: 22.19g (138.67%), Carbohydrates: 78.92g (26.31%), Net Carbohydrates: 71.86g (26.13%), Sugar: 13.38g (14.87%), Cholesterol: 165.09mg (55.03%), Sodium: 2293.43mg (99.71%), Alcohol: 3.09g (100%), Alcohol %: 0.53% (100%), Protein: 49.59g (99.18%), Vitamin C: 123.3mg (149.45%), Vitamin B3: 14.08mg (70.38%), Vitamin B6: 1.33mg (66.54%), Vitamin B1: 0.83mg (55.55%), Phosphorus: 423.48mg (42.35%), Potassium: 1382.37mg (39.5%), Zinc: 5.76mg (38.4%), Vitamin A: 1868.21IU (37.36%), Vitamin K: 38.2µg (36.38%), Vitamin B12: 1.93µg (32.13%), Vitamin E: 4.43mg (29.51%), Manganese: 0.59mg (29.48%), Iron: 5.26mg (29.22%), Fiber: 7.06g (28.24%), Vitamin B2: 0.48mg (28.15%), Copper: 0.51mg (25.68%), Magnesium: 85.52mg (21.38%), Vitamin B5: 2.13mg (21.32%), Vitamin D: 2.95µg (19.66%), Folate: 58.43µg (14.61%), Calcium: 106.68mg (10.67%), Selenium: 3.3µg (4.71%)