

Sweet Potato and Sausage Skillet

Ingredients:

- 1 10 oz bag steamable frozen sweet potatoes
- 1 onion, chopped
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 12 oz package smoked andouille sausage - (*I recommend a turkey sausage for less fat. I also go with a nitrate and nitrite free option*)
- 3 TBS olive oil
- ¼ cup chicken or veggie broth
- 2 teaspoons Italian seasoning
- 4 green onions, chopped
- Salt and pepper to taste

Directions

1. Cook sweet potatoes according to package instructions
2. Cut sausage into ½ inch rounds. Heat 2 TBS of olive oil over medium heat in a large skillet. Cook sausage on each side, until crispy (about 2-3 min per side) While the sausage is cooking, you can chop your peppers and onions. Remove sausage and place aside
3. Add additional TBS of olive oil to the skillet and add peppers and onions. Cook for 3 minutes. Add garlic to the skillet, and cook for 3-4 more minutes.
4. Add sausage back to the skillet. Add broth and Italian seasoning to the skillet.
5. Add chopped green onions to the skillet, and cook for 3-4 minutes.
6. Remove from heat, and enjoy! Add salt and pepper if needed

MADE WITH LOVE

by Teresa Forchard