



HOPE30 KITCHEN

♡ Hope30 Chicken Sausage & Peppers

Ingredients:

- 1 lb of sweet italian chicken sausage
- 1 bell pepper
- 1 sweet onion
- 1 jar of sliced mushrooms (water drained)
- 2/3 cup chicken stock
- 1/3 cup tomato puree
- 1/2 TBSP Italian Seasoning
- 1/2 TBSP Garlic Powder
- Pink salt to taste



Cooking Directions:

- In a non-stick pan, brown the sausage on all sides.
- Add the chicken stock, sliced pepper & sliced onion to the pan.
- Season veggies with Italian seasoning, garlic powder & pink salt.
- Sauté until veggies start to soften.
- Add tomato puree, a splash more of stock & the sliced mushrooms.
- Continue moving everything around the pan until the sausage is to temperature.

*I love this best in lettuce wraps or
over a bed of lettuce!*
