



This recipe is so easy and comes together in a single skillet with just a handful of readily available ingredients. It's quick, hearty, and perfect when you want a healthier real-food meal without a lot of fuss. It's excellent for feeding a hungry crowd or meal prep.

Ingredients

1/4 cup vegetable broth
1 red onion, sliced
1 yellow onion, sliced
4 sausages, sliced. I use a Paleo-friendly organic chicken basil garlic sausage from Costco. See the video on YouTube for a look at the package.
1 green pepper, chopped
1/2 yellow pepper, chopped
1/2 red pepper, chopped
1 sliced jalapeno
2 cubes frozen garlic. I use Dorot from the freezer section at Trader Joe's, or you can use 2 large cloves of fresh garlic, finely chopped or grated.
1 can diced fire-roasted tomatoes

You can use any sausage you like, but I highly recommend choosing something organic, without nitrates, fillers, artificial ingredients, or poor-quality oils. That kind of choice keeps this recipe healthier.

Instructions

1. Heat a large skillet over medium heat.
2. Add the vegetable broth, sliced onions, and peppers. Sauté for about 5–6 minutes, stirring occasionally, until the vegetables begin to soften.
3. Add the garlic and stir for about 30 seconds, until fragrant.
4. Add the sliced sausage and cook until the exterior begins to brown.
5. Stir in the diced fire-roasted tomatoes and mix everything together. Let the mixture simmer for about 5 minutes so the flavors come together and the sauce thickens slightly.

Serve hot straight from the skillet.

Real food, simple ingredients, and one pan—that's how healthy cooking stays easy.

Bon Appétit!

