



Mama P's
Recipes



Italian Sausage Stuffed Peppers

Made with [Mama Patierno's Authentic Organic Italian Seasoning](#)

Mama's authentic Italian family favorite Eggplant Parmesan recipe is simply delicious and often has guests asking for second servings. Serves 6. It's a pasta-less low carb treat.

Ingredients:

- 1 pound Italian hot or sweet sausage links or use half pound of each and combine. Remove casings if not already ground
- 4 to 5 large Green, Red and/or Yellow Bell Peppers
- ¼ cup of extra virgin olive oil
- 1 tsp Worcestershire sauce
- ¼ cup of chicken broth
- 1 14.5 oz can diced fire roasted tomatoes (or try adding 14.5 oz of ([Mama Patierno's Italian Tomato Sauce](#)))
- 2 tsp of [Mama's Organic Italian Seasoning](#)
- 1 to 1 ½ tsp of [Mama's Organic Bolognese Seasoning](#) (if you don't have this amazing Bolognese seasoning increase the Italian seasoning by 1 to 1 ½ tsp) but be sure to try it next time for a special treat.



- 2 tsp of onion powder
- 2 tsp of garlic powder
- 1 tsp garlic salt
- 3 fresh sage leaves cut into small pieces
- ½ cup grated Parmesan cheese
- 1 ¼ to 1 ½ cups of cooked brown rice (or white if desired)
- 1 to 2 cups of shredded mozzarella
- Optional: fine crushed red pepper to kick it up if desired
- Optional: 2 large fresh basil cut into pieces

How to make

1. Cut the top of each bell pepper as shown here and be sure to cut out the stem and remove the seeds. Be careful not to cut through the pepper as you remove the stem.
2. Add olive oil to a skillet set at medium and when heated add the sausage and as it is cooking chop the meat periodically resulting in small pieces. This step usually takes 4 to 6 minutes.
3. Add the sage and let cook for 1 minute.
4. Add all other ingredients except the shredded mozzarella and stir and simmer for 4 to 5 minutes.
5. Stuff the peppers fully and add the shredded mozzarella cheese on top of the peppers.
6. Add parsley and/or more [Mama Patierno's Italian Seasoning](#) on top.
7. Place in the oven for 30 minutes and cover with aluminum foil but be sure the foil doesn't rest on the mozzarella cheese while cooking.
8. Remove from oven and let sit for a few minutes and serve with additional [Mama Patierno's Tomato Sauce](#) and grated parmesan.



Optional

Prefer using ground beef? Replace steps 2 and 4 with Mama's Bolognese Sauce for a great Mama's Italian Bolognese Stuffed Peppers but be sure to add the rice and sage too!