



# Sausage & Potato Skillet Meal

## directions

1. In a large saucepan add potatoes and cover with 1 inch of cold water. Add 1/4 teaspoon of the salt. Bring to a boil over high heat.
2. Cook until potatoes are fork-tender, 3 to 4 minutes. Drain the potatoes. Set aside.
3. Brown sausage in a skillet over medium heat, breaking into chunks with a spatula or spoon.
4. Pour olive oil over cut sweet & baby potatoes pieces, add salt & pepper, mix evenly.
5. Add potato mix to the skillet with the browned sausage.
6. Add bell pepper pieces, onion, garlic and red pepper flakes to the potato-sausage skillet mix.
7. Return skillet to a medium high heat. Spread contents evenly over bottom and cook until potatoes are brown and peppers are tender. 5 minutes or more. Stir occasionally.
8. Remove from heat. Stir in parsley and squeeze lemon juice over mix if desired.

## notes

The potatoes can be par-boiled up to a day in advance and stored in an airtight container in the refrigerator.

Leftovers will keep for up to 3 days in an airtight container in the refrigerator.

## to serve

Stir in parsley and squeeze lemon juice over mix if desired.



4

*servings*

20 min

*prep time*

10 min

*cook time*

## ingredients

- 1 lb. Swaggerty's Farm Sausage
- 1/2 pound baby potato medley, cut in half or 1-inch chunks
- 1/2 pound sweet potatoes, cut into 1-inch chunks
- 1 medium red bell pepper, cored, seeded, and cut into 1-inch pieces
- 2 tablespoons olive oil
- 3/4 teaspoon salt, divided
- 1 medium red bell pepper, cored, seeded, and cut into 1-inch pieces
- 2 cloves garlic, minced
- 1/4 teaspoon fresh ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 medium lemon (optional)
- Fresh parsley leaves

Pairs well with: Salad, seasonal fruit, cheese

Special Kitchen Tools: N/A