

Slow-cooked Italian Sausage with Peppers and Onions

1 lb. Italian Sausage
16 oz. can of Italian plum tomatoes
8 oz. can of tomato sauce
1 large onion (sliced)
2 green or red peppers (sliced)
1 clove of garlic – chopped
2 teaspoons oregano
Crushed red pepper to taste
Salt and pepper to taste

Microwave sausage until about half done.
Combine all ingredients into crock pot.
Cook at least 4 hours, until sauce thickens.
Serve on crusty rolls, topped with cheese.

