



# Italian Sausage and Vegetables

**TOTAL TIME:** Prep: 20 min. Cook: 5-1/2 hours

**YIELD:** 6 servings.

*"This easy and complete meal-in-a-pot is both healthy and delicious," promises Ginny Stuby in Altoona, Pennsylvania. "It's wonderful served with a slice of Italian or hot garlic bread. I found the recipe in a magazine and made just a few adjustments to suit myself. Enjoy!"*

## Ingredients

1-1/4 pounds sweet or hot Italian turkey sausage links

1 can (28 ounces) diced tomatoes, undrained

2 medium potatoes, cut into 1-inch pieces

4 small zucchini, cut into 1-inch slices

1 medium onion, cut into wedges

1/2 teaspoon garlic powder

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1 tablespoon dry bread crumbs

3/4 cup shredded pepper jack cheese

## Directions

1. In a nonstick skillet, brown sausages over medium heat. Place in a 5-qt. slow cooker. Add vegetables and seasonings. Cover and cook on low for 5-1/2 to 6-1/2 hours or until a thermometer reads 165°.

2. Remove sausages and cut into 1-in. pieces; return to slow cooker. Stir in bread crumbs. Serve in bowls; sprinkle with cheese.

## Nutrition Facts

1 serving: 304 calories, 13g fat (4g saturated fat), 71mg cholesterol, 838mg sodium, 26g carbohydrate (8g sugars, 5g fiber), 22g protein.