

# Italian Sausage Pasta Sauce

*An easy and delicious crock pot recipe  
from ThePeacefulMom.com*

## **Ingredients**

1 large green bell pepper, diced  
1 medium onion, diced  
1-2 Tablespoons extra virgin olive oil  
2 lbs. Italian Sausage (without casing)  
(3) 28 oz. cans of CRUSHED tomatoes (use crushed for best flavor)  
1-2 Tablespoons dried basil  
Salt to taste (I start with 1 teaspoon and add if it needs more.)  
1 cup sliced black olives (if desired)

## **Instructions**

Saute green pepper and onion in olive oil until the onion just begins to turn translucent.

Add sausage to the pan and brown it, breaking up larger pieces.

Place sausage mixture in the crock pot.

Add crushed tomatoes.

Add spices and olives if desired.

Cook on low 4-5 hours depending on your crock pot.

Serve over pasta or rice.

Add a green salad and some french bread for a delicious meal.

**Serves:** A bunch (8-10 depending on serving size)

*\*This recipe has a rich tomato flavor. If you would like a more subtle taste, you can use tomato sauce instead of the crushed tomatoes.*