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## Smoked Sausage Skillet with Peppers and Farro ✦

This delicious smoked sausage skillet combines flavorful smoked sausage with colorful bell peppers and nutty farro for a hearty and satisfying meal. The smoky flavor of the sausage pairs perfectly with the sweet and tangy peppers, while the chewy farro adds a satisfying texture. Whether you're looking for a quick weeknight dinner or a crowd-pleasing dish for a gathering, this recipe is sure to impress.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>350 g</b>	smoked sausage
<b>300 g</b>	Bell peppers
<b>200 g</b>	Farro

<b>2 tbsp</b>	olive oil
<b>2 cloves</b>	garlic
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	paprika
<b>0.5 tsp</b>	cayenne pepper
<b>1 c</b>	chicken broth

## Directions

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### Step 1

Cut

Slice the smoked sausage into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat olive oil in a skillet over medium heat. Add the sliced sausage and cook until browned.

**Prep Time:** 2 mins

**Cook Time:** 8 mins

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### Step 3

#### Sautéing

Remove the sausage from the skillet and set aside. In the same skillet, add the sliced bell peppers and minced garlic. Cook until the peppers are tender.

**Prep Time:** 5 mins

**Cook Time:** 8 mins

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### Step 4

#### Simmering

Add the cooked sausage back to the skillet. Stir in the cooked farro, salt, black pepper, paprika, and cayenne pepper. Pour in the chicken broth and simmer for a few minutes to allow the flavors to meld together.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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### Step 5

#### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 18 g

**Protein:** 20 g

**Carbohydrates:** 28 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	28 g	50.91%	56%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	450 mg	13.24%	17.31%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

French

Mediterranean

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Snack

Dinner

Supper

### Events

Picnic

### Course

Appetizers

Main Dishes

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

### Cooking Method

Simmering

**Difficulty Level**

Medium

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