Smoky Grilled Sausages with Vibrant Peppers

Juicy grilled sausages paired with colorful sautéed bell peppers for a low-carb, high-protein meal perfect for beginners.

Servings: 2 **Time:** 30 minutes

Ingredients

- 12 oz pork or chicken sausages
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 1 large green bell pepper, sliced
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and black pepper to taste
- Fresh parsley for garnish (optional)

Instructions

1. Preheat your grill or grill pan to medium heat.
2. Place sausages on the grill and cook for about 12-15 minutes, turning occasionally, until fully cooked and nicely charred.
3. While sausages cook, heat olive oil in a skillet over medium heat on the stovetop.
4. Add sliced bell peppers, smoked paprika, garlic powder, salt, and pepper.
5. Sauté peppers for 8-10 minutes until tender but still vibrant.
6. Remove sausages and peppers from heat.
7. Serve sausages alongside the sautéed bell peppers and garnish with fresh parsley if desired.

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