

Instant Pot Sausage and Peppers

This Instant Pot Sausage and Peppers with penne is a delicious one pot meal that's ready in just 30 minutes thanks to your pressure cooker!



Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Course: Pasta Cuisine: Italian

Keyword: bell peppers, penne, turkey sausage Servings: 6 servings

Calories: 417kcal Author: Taylor Stinson



4.09 from 35 votes

Ingredients

- 2 tbsp olive oil divided
- 4 turkey sausages
- 1 each red, green and yellow pepper
- 1 yellow onion, sliced
- 2 cloves garlic, minced
- 1/2 tsp each salt & pepper
- 1 (796mL) jar marinara or arrabiata pasta sauce
- 4 cups chicken broth
- 375 g penne pasta
- Fresh parsley, for garnish
- Grated parmesan cheese, for garnish

Instructions

1. Add 1 tbsp olive oil to Instant Pot and turn to saute mode. Add sausages, cooking for 3-4 minutes until lightly browned. Remove sausages, then saute bell peppers for 5 minutes until softened. Turn off saute mode, then remove bell peppers. Slice sausage once slightly cooled.
2. Add remaining tbsp olive oil, sliced sausage, onion, garlic, salt & pepper, pasta sauce, chicken broth and pasta to Instant Pot in that order, pushing pasta underneath the liquid as much as possible.
3. Place lid on Instant Pot and make sure valve is set to seal. Press the pressure cook button and set to high, then cook for 5 minutes. Instant Pot will take about 5-10 minutes to come to pressure then pressure cook for 5 minutes.
4. Do a quick release of the pressure on the Instant Pot by flicking the switch at the top with a spoon. Open the lid when pressure gauge has dropped and the lid opens easily.
5. Stir in bell peppers, then garnish with parsley and parmesan cheese (optional). Serve and enjoy!

Notes

Turkey sausage is the healthier option but chicken and pork sausage would also work.

Store the leftovers in the fridge for up to 5 days. Microwave for 1-2 minutes or reheat in the oven for 10-15 minutes at 350° F.

Freeze this pasta dish for up to 3 months. Thaw in the fridge overnight then reheat as normal.

Nutrition

Calories: 417kcal | Carbohydrates: 52g | Protein: 24g | Fat: 12g | Saturated Fat: 2g | Cholesterol: 57mg
| Sodium: 1029mg | Potassium: 594mg | Fiber: 3g | Sugar: 4g | Vitamin A: 277IU | Vitamin C: 62mg |
Calcium: 47mg | Iron: 2mg