

Shrimp and Sausage Skillet

INGREDIENTS:

2 T avocado oil or olive oil
1 lb smoked sausage, sliced
1 lb shrimp raw, peeled, deveined
1 red bell pepper, sliced
1 green bell pepper, sliced
1 yellow bell pepper, sliced
½ yellow onion, diced
3 cloves garlic, minced
2 small zucchini, sliced
1 tsp salt
1 tsp smoked paprika
1 tsp dried oregano
¼ tsp crushed red pepper flakes
2 T parsley, chopped

PROCESS:

Heat 1 T oil in a large skillet over medium heat. Cook the sliced sausage until nice and browned (2-3 minutes) then remove from the pan and set aside.

Add in the remaining 1 T of oil and put the shrimp in the pan, season with some salt and pepper and cook until just pink (1-2 minutes) then remove from the pan and set aside.

Add the bell peppers and onion to the pan and cook for about 5 minutes then add in the garlic and zucchini and cook for an additional 3 minutes.

Add all the seasonings in (salt, paprika, oregan, and pepper flakes) and stir in the shrimp and sausage. Cook for about 5 minutes and remove from heat. Top with parsley.

ENJOY!

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