

Shrimp, Sausage & Veggie Skillet

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Once hot, add the onions, peppers, and sausage. Cook for about three to five minutes, stirring occasionally, until the vegetables are tender and starting to brown.
2. Add the zucchini and garlic and sauté for two minutes. Stir in the tomato paste and chicken broth. Season with Italian seasoning. Cook for three to four minutes or until the sauce thickens.
3. Add the shrimp to the pan and cook for another two to three minutes or until the shrimp are fully cooked.
4. To serve, divide the mixture evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups.

Additional Toppings

Cilantro, basil, and/or green onions. Season with salt and pepper.

Ingredients

- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 1 Green Bell Pepper (medium, chopped)
- 6 **ozs** Chorizo (sliced)
- 1 Zucchini (large, chopped)
- 2 Garlic (clove, minced)
- 2 **tbsps** Tomato Paste
- 1/2 **cup** Chicken Broth
- 1 **tsp** Italian Seasoning
- 8 **ozs** Shrimp (large, peeled, deveined)

Nutrition

Amount per serving

Calories	381	Cholesterol	184mg
Fat	17g	Sodium	581mg
Carbs	22g	Vitamin A	1259IU
Fiber	5g	Vitamin C	70mg
Sugar	10g	Calcium	178mg
Protein	36g	Iron	5mg