

## Shrimp & Sausage One Skillet Meal

1 lb. medium or large shrimp (peeled & Deveined)	1 zucchini, chopped
6 oz. smoked sausage, chopped	2 garlic cloves, diced
$\frac{3}{4}$ c. red pepper, diced	salt & pepper to taste
$\frac{3}{4}$ c. green pepper, diced	pinch of red pepper flakes
$\frac{1}{2}$ of a yellow onion, diced	2 tsp. Old Bay Seasoning
$\frac{1}{4}$ c. chicken stock	olive oil or coconut oil
	Optional garnish: chopped parsley

Heat a large skillet over medium-high heat with some oil.

Dry shrimp, sprinkle with Old Bay Seasoning (can use Cajun seasoning), and cook about 3-4 minutes. Just until opaque. Remove and set aside.

Cook onions and peppers in skillet with 2 tablespoons oil for about 2 minutes.

Add sausage and zucchini to the skillet. Cook another 2 minutes.

Put cooked shrimp back into the skillet along with the garlic. Cook everything for about 1 minute.

Pour chicken stock into the skillet and mix through to moisten everything.

Add salt, pepper, and red pepper flakes to taste

Remove from heat and garnish with parsley.