



# Low Carb Shrimp and Sausage Skillet

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This shrimp and sausage skillet is an easy, one-pan meal that can be made in 30 minutes! It is paleo, low carb and loaded with flavor.

<b>Course</b>	Main Dish
<b>Cuisine</b>	American
<b>Keyword</b>	gluten free, keto, paleo, whole30
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	15 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	6 servings
<b>Calories</b>	411kcal
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## Ingredients

- 2 Tbls [Avocado Oil](#) or oil of choice
- 1 lb Andouille Sausage sliced - or kielbasa
- 1 lb Large Shrimp raw, peeled, deveined,
- 1 Red Bell Pepper sliced
- 1 Green Bell Pepper sliced
- 1 Yellow Bell Pepper sliced
- 1/2 Yellow Onion diced
- 3 cloves Garlic minced
- 2 Small Zucchini sliced - or one large
- 1 Jalapeno diced
- 1 tsp Salt
- 1 tsp Chili Powder
- 1 tsp Garlic Powder
- 1/2 tsp Dried Oregano
- 1/2 tsp Smoked Paprika
- 1/4 tsp Crushed Red Pepper Flakes
- 2 Tbls Parsley chopped

## Instructions

1. In a small bowl, mix the seasonings together
2. Pat your shrimp dry and season with half the seasoning mixture on both sides

Heat the oil in a large [skillet](#) over medium heat and cook the shrimp on the first side for 2 minutes

Then flip and cook for an additional 1-2 minutes (or until just cooked through) remove from pan and set aside

3. Add a little more oil to the pan if needed and cook the sliced sausage in the [skillet](#) until browned evenly - remove from pan and set aside
4. Add in the peppers and onions, sauté until onions just start to get translucent and peppers are slightly softened

Then stir in the garlic, jalapeno, zucchini and remaining seasoning mixture; cook for an additional 5-7 minutes

5. Then the shrimp and sausage get added back in, leave over heat for 1 minute just to warm them back up

Remove from heat and top with parsley if desired

## Notes

Nutrition facts are auto-calculated and can vary depending on ingredients and brands used

## Nutrition

Calories: 411kcal | Carbohydrates: 8g | Protein: 32g | Fat: 28g | Saturated Fat: 8g | Cholesterol: 254mg | Sodium: 1667mg | Potassium: 611mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1239IU | Vitamin C: 99mg | Calcium: 143mg | Iron: 3mg