



Frugal -Cajun Sausage and Vegetables



Serving: 4



Cook Time: 25 mins



Level: Easy



INGREDIENTS

- 1 zucchini (½ lb.)
- 1 yellow squash (½ lb.)
- 1 red bell pepper
- 1 red onion
- 14 oz. Andouille sausage
- 2 Tbsp cooking oil, divided
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp cayenne pepper
- ¼ tsp salt
- ¼ tsp freshly cracked black pepper
- 2 Tbsp chopped fresh parsley

PREPARATION

1. Slice the zucchini and yellow squash into half-rounds. Slice the red bell pepper and red onion into strips. Add all of the vegetables to a large bowl.
2. Slice the sausage into rounds. Add the sausage and 1 Tbsp cooking oil to a large skillet. Cook the sausage over medium heat until well browned. Remove the skillet from the heat and transfer the sausage to a clean bowl.
3. Drizzle the vegetables with the remaining 1 Tbsp cooking oil, then sprinkle the smoked paprika, garlic powder, cayenne pepper, salt, and pepper over top. Toss the vegetables to coat them in oil and spices.
4. Place the same skillet back over the heat and turn the heat under the skillet up to medium-high. Once very hot, add the vegetables and sauté just until they are slightly tender. The vegetables will pick up the flavor left in the skillet from the sausage, so do not clean the skillet first. Be careful to not overcook the vegetables, as they will cook more when you reheat your meal preps.

PREPARATION (CONT.)

5. Remove the skillet from the heat and add the cooked sausage and chopped parsley to the vegetables. Toss to combine with the vegetables. Give the sausage and vegetables a taste and adjust the salt or other seasonings to your liking.
6. Serve immediately or divide into four portions and refrigerate until ready to eat.