

Cajun Shrimp and Sausage Vegetable Skillet

Author: Alyssa Prep time: 5 mins Cook time: 10 mins Total time: 15 mins

Cajun Shrimp and Sausage Vegetable Skillet is the BEST 20 minute meal packed with awesome cajun flavor with shrimp, sausage, and summer veggies. This makes a great low carb meal and is also great for meal prep!



Ingredients

- o 1 pound large shrimp, peeled and deveined
- o 14 ounce pork or chicken sausage, sliced
- o 2 medium sized zucchini, sliced
- o 2 medium sized yellow squash, sliced
- o ½ bunch asparagus, sliced into thirds
- o 2 red bell pepper, chopped into chunks
- o Salt and Pepper
- o 2 Tablespoons olive oil
- o 2 Tablespoons Cajun Seasoning

Instructions

1. In a [large bowl](#) add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and salt and pepper. Add olive oil and cajun seasoning and toss until coated.
2. Add to a [large skillet](#) and turn to medium high. Cook for about 5-7 minutes until the shrimp is pink and the vegetables are tender.
3. Garnish with fresh parsley if desired and serve immediately.

Notes

Alyssa Also Recommends:

Want to make this even easier? Here are a few products that I LOVE:

- [Staub Cast Iron Skillet](#)
- [Utopia Kitchen Cooking Knives](#)
- [The Recipe Critic Apron](#)

Recipe by **The Recipe Critic** at <https://therecipecritic.com/cajun-shrimp-and-sausage-vegetable-skillet/>