

# Cajun Shrimp and Sausage Skillet Meal

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-and-sausage-recipes>

## Ingredients:

- 2 tablespoons olive oil divided
- 8 ounces shrimp peeled and deveined with tails removed
- 1 small onion chopped
- 1 bell pepper chopped
- 8 ounces andouille sausage sliced
- 1 zucchini sliced
- 1/4 cup chicken broth or vegetable broth
- 2 teaspoons Cajun seasoning
- 1/2 teaspoon salt optional, omit if cajun seasoning includes salt

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 125 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 750 milligrams
9. Sugar: 2 grams

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