



SAUSAGE AND VEGETABLE SKILLET

COOK TIME: 15 minutes **TOTAL TIME:** 15 minutes **SERVINGS:** 4

INGREDIENTS

- 1 Tbsp. cooking oil
- 1 lb. Italian sausage
- 1/2 lb. frozen cauliflower florets
- 1/2 lb. frozen peppers and onions
- 1/4 lb. frozen kale
- ½ tsp seasoning salt or seasoning blend (or to taste)

Source: budgetbytes.com

INSTRUCTIONS

1. Add the cooking oil and sausage to a skillet. Cook the sausage over medium heat until brown and crispy.
2. Add the cauliflower, peppers and onions, and kale to the skillet with the sausage. Continue to stir and cook until the vegetables are heated through.
3. Add a liberal amount (or to taste) of your favorite seasoning salt or seasoning blend and stir to combine. Serve hot.