

Keto Italian Sausage and Veggie Skillet



Keto Italian Sausage and Veggie Skillet is a quick and easy one-pan dinner loaded with savory Italian sausage, colorful bell peppers, zucchini, and mushrooms. This dish is bursting with flavor and perfect for a busy weeknight meal.

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* **Italian sausage**
- 181g / 6.4oz **Red Bell Pepper**
- 1.5 *pieces* **Zucchini**
- 1.5 *pieces* **Mushrooms**
- 2 *tbsp* **Olive oil**
- 2 *pieces* **Garlic Cloves**
- 1.5 *cup* **Onions**
- 3 *tsp* **Italian seasoning**
- **Red pepper flakes**
- **Salt & pepper to taste**
- **Fresh parsley**

Nutrition (US/Metric)

- **Protein: 20%**

- **Fat:** 68%
- **Net carbs:** 12%

Instructions

- **Cook Sausage:** In a large skillet, heat olive oil over medium heat. Add sliced sausage and cook until browned, about 5-7 minutes. Remove and set aside.
- **Sauté Vegetables:** In the same skillet, add onions and garlic. Sauté until onions are translucent. Add bell peppers, zucchini, and mushrooms. Cook until vegetables are tender, about 10 minutes.
- **Combine:** Return the sausage to the skillet. Add Italian seasoning and red pepper flakes. Stir to combine and cook for an additional 3-5 minutes to heat through.
- **Serve:** Season with salt and pepper to taste. Garnish with fresh parsley and serve hot.