

Spicy Sausage & Vegetables

(Gluten Free, Keto Friendly, Serves 2)

- 1 Yellow Bell Pepper, sliced
- 1 Red Onion, sliced
- 1 13oz Hillshire Farm Andouille Smoked Sausage
- 1 tablespoon Crushed Red Peppers (Meat Seasoning)
- 1 tablespoon Garlic Salt (Meat Seasoning)
- 1 tablespoon Onion Salt or Powder (Meat Seasoning)

1: Slice the smoked sausage into 1/2 inch thick circles.

2: Sprinkle 1/2 a tablespoon of garlic salt, onion salt and crushed red peppers evenly into a medium frying pan. Place the smoked sausage cuts evenly in the pan.

3: Sprinkle 1/2 a tablespoon of garlic salt, onion salt and crushed red peppers on top of the smoked sausage cuts, and then cook on medium heat for 5-10 minutes. Flip each piece of sausage over once the side facing the pan becomes dark brown and caramelized.

4: Chop the bell pepper into square pieces, roughly 6 to a half. Then, peel and chop the onion into 4 pieces and break into square pieces.

5: After both sides of the meat are well caramelized, add the onions and stir them together with the meat for 2 minutes.

6: Add the sliced bell pepper, and mix evenly with the sausage and onions. Cook until the bell peppers are tender but not mushy.