



# Garlic Sausage Skillet

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	20 MIN		10

Garlic sausage skillet is a quick and hearty one-pan meal made with flavorful sausage, garlic, and vegetables. It's packed with bold taste and requires minimal prep, making it perfect for busy weeknights. This easy recipe delivers a satisfying combination of protein and vegetables in one dish. With simple ingredients and fast cooking, it's a go-to meal for convenience and flavor.

## Ingredients

- 12 oz sausage (sliced)
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 bell pepper, sliced
- 1 zucchini, sliced
- Salt and pepper to taste
- Optional: chili flakes or herbs

## Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add sausage and cook until browned.
3. Add garlic and sauté for **1 minute** until fragrant.
4. Add bell pepper and zucchini.
5. Cook for **8-10 minutes**, stirring occasionally, until vegetables are tender.
6. Season with salt, pepper, and optional spices.
7. Serve hot.

### Cooking Tips

- Use pre-cooked sausage for faster cooking
- Do not burn garlic — add after sausage browns
- Cook vegetables until slightly caramelized

## Variations

- Add potatoes for a heartier dish
- Use chicken or turkey sausage
- Add onions or mushrooms
- Add a splash of soy sauce or balsamic

## What to Serve with Garlic Sausage Skillet

- Rice or quinoa
- Bread
- Salad
- Pasta

## Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

## Reheating

Reheat in a skillet for best flavor.

## Frequently Asked Questions

### Can I use raw sausage?

Yes, cook fully before adding vegetables.

### Is this meal low-carb?

Yes, if served without grains.

### Can I make it ahead?

Yes, it reheats well.

### Recipe Author

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