

Quick & Simple Chicken Sausage Recipe



PREP TIME:
10 MINUTES

COOK TIME:
10-12 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten & Dairy-Free

Yield: 4 Servings

Ingredients:

- 1 Package – 12-16 oz. Pre-Cooked Organic Chicken Sausage
- 1 package baby portabella mushrooms sliced – stems trimmed
- ½ medium size red onion – sliced thin
- 1-2 TBSP Extra Virgin Olive Oil
- 8 oz. Vegetable Broth
- ½ tsp Garlic Powder
- Salt & Pepper to taste if desired

Instructions:

1. In large sauté pan, drizzle with EVOO – add onion & cook 3-5 minutes until starts to soften.
2. Add mushrooms & cook 2-3 minutes. Season with garlic powder, S&P.
3. Slice chicken long ways & then in ½ again (1 sausage link become 4 pieces). Add to pan.
4. Add vegetable broth & simmer for 10-12 minutes.

Suggested accompaniments: Oven Roasted Broccoli / Oven Roasted Veggies / Sweet Potato