

Shrimp and Sausage Cabbage Bowl: A Hearty One-Pan Dinner

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TIME
5-7 min

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INGREDIENTS

- 1 pound shrimp, peeled and deveined
- 1 pound smoked sausage, sliced
- 1 small head of cabbage, chopped
- 1 red bell pepper, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup chicken broth
- 2 cups cooked rice (for serving)
- 2 tablespoons olive oil
- Salt and black pepper, to taste
- Paprika or Cajun seasoning (optional)

Swaps and Notes:

Sausage: I prefer smoked sausage for this, but you could also use kielbasa or even a spicy andouille sausage for a kick.

Shrimp: Use large, raw shrimp for the best results. You can buy them already peeled and deveined to save time.

Cabbage: A small head of green cabbage is perfect for this, but you can also use a bag of pre-shredded cabbage to save time.

Veggies: The onion and bell pepper are a great base, but feel free to add other vegetables like sliced carrots or mushrooms.

Seasoning: A good quality Cajun seasoning is perfect for this, but you can also use a simple blend of paprika, salt, and pepper.

How to Make Shrimp and Sausage Cabbage Bowl:

Brown the Sausage: In a large skillet, heat the olive oil over medium heat. Add the sliced smoked sausage and cook until it's browned, about 5-7 minutes.

SautØ the Veggies: Add the chopped cabbage, diced onion, and bell pepper to the skillet, stirring occasionally. Cook for 5 minutes until the vegetables begin to soften.

Add the Garlic and Broth: Add the minced garlic and cook for another minute, being careful not to burn the garlic. Pour in the chicken broth, stirring to combine. Bring to a simmer and cook for another 5-10 minutes until the cabbage is tender and the liquid is reduced slightly.

Add the Shrimp: Add the shrimp to the skillet and season with salt, pepper, and optional paprika or Cajun seasoning. Cook for about 3-5 minutes until the shrimp turn pink and are fully cooked.

Serve: Serve the shrimp and sausage cabbage mixture over the cooked rice.

Tips for Success:

Don't Overcook the Shrimp: Shrimp cooks very quickly. As soon as it turns pink, it's done. Overcooking will make it tough and rubbery.

Cook the Sausage First: Cooking the sausage first adds a deep, savory flavor to the skillet that is the foundation of the entire dish.

Use a Large Skillet: A large skillet or Dutch oven is perfect for this recipe, as it gives you plenty of room to cook all the ingredients evenly.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a great one-pan dinner, my Mexican Chicken and Rice Casserole is always a winner.

If you need to feed a crowd fast, these Sheet Pan Quesadillas are a lifesaver.

For a lazy Sunday, these Easy Turkey Wings are a must-try.

Final Thoughts:

DIRECTIONS

1. **Brown the : Sausage:** In a large skillet, heat the olive oil over medium heat. Add the sliced smoked sausage and cook until it's browned, about 5-7 minutes.
2. **SautØ the Veggies:** Add the chopped cabbage, diced onion, and bell pepper to the skillet, stirring occasionally. Cook for 5 minutes until the vegetables begin to soften.
3. **Add the : Garlic and Broth:** Add the minced garlic and cook for another minute, being careful not to burn the garlic. Pour in the chicken broth, stirring to combine. Bring to a simmer and cook for another 5-10 minutes until the cabbage is tender and the liquid is reduced slightly.
4. **Add the : Shrimp:** Add the shrimp to the skillet and season with salt, pepper, and optional paprika or Cajun seasoning. Cook for about 3-5 minutes until the shrimp turn pink and are fully cooked.
5. **Serve:** Serve the shrimp and sausage cabbage mixture over the cooked rice.
6. **Tips for Success: Don't Overcook the Shrimp:** Shrimp cooks very quickly. As soon as it turns pink, it's done. Overcooking will make it tough and rubbery.
7. **Cook the : Sausage First:** Cooking the sausage first adds a deep, savory flavor to the skillet that is the foundation of the entire dish.
8. **Use a : Large Skillet:** A large skillet or Dutch oven is perfect for this recipe, as it gives you plenty of room to cook all the ingredients evenly.
9. **Serving Suggestions and Pairings:** This cabbage bowl is a complete meal on its own, but it pairs wonderfully

with a side of cornbread or a simple green salad. For a great Southern-inspired meal, you could serve it with my Cajun Chicken Sausage Gumbo or my Tomato Skillet with Okra and Sausage.

10. **Storage and Leftover Tips:** Leftovers are delicious! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can microwave individual portions or warm the entire dish on the stovetop until heated through.
11. **More Recipes You Will Love:** If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
12. For a great one-pan dinner, my : Mexican Chicken and Rice Casserole is always a winner.
13. If you need to feed a crowd fast, these : Sheet Pan Quesadillas are a lifesaver.
14. For a lazy : Sunday, these Easy Turkey Wings are a must-try.
15. **Final Thoughts:** This Shrimp and Sausage Cabbage Bowl is a recipe that proves a great meal doesn't have to be complicated. It's a simple, delicious, and deeply satisfying dish that is perfect for a family dinner. I hope it becomes a new favorite in your home.
16. If you make this dish, I'd love to hear about it! What's your go-to one-pan dinner? Let me know in the comments below.

SWAPS & NOTES

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