



Italian Sausage and Gnocchi Skillet

Jacob · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

Sausage gnocchi and spinach are the main ingredients in this quick oneskillet meal I've used mild sausages but hot Italian sausages can be substituted Gnocchi is usually in the same aisle as dried pasta

Ingredients

- 1 tablespoon avocado oil - ½ cup finely diced onion - 2 large cloves garlic
- finely diced - 1 pound mild Italian pork sausage
- casing removed - 1 (16 ounce) package dry mini potato gnocchi - 2 ½ cups no-salt-added diced tomatoes
- undrained - ½ teaspoon salt - ½ teaspoon dried basil - ½ teaspoon ground oregano - ¼ teaspoon ground black pepper - 5 ounces baby spinach - 1 pinch freshly grated nutmeg - 1 cup shredded fresh mozzarella cheese - ½ cup freshly shredded Parmesan cheese

Instructions

1. Heat avocado oil in a large
2. nonstick skillet over medium-high heat. Add onion and cook until softened
3. 3 to 4 minutes. Add garlic and cook just until fragrant
4. about 30 seconds. Add sausage; stir to break up the meat and cook until well browned
5. 5 to 7 minutes. Drain excess oil and keep meat mixture in the skillet. Add gnocchi
6. stirring to break up any clumps. Stir in tomatoes
7. salt
8. basil
9. oregano
10. and pepper. Cover and simmer for 5 minutes. Stir in spinach and nutmeg and simmer until spinach has wilted
11. 3 to 5 minutes. Sprinkle mozzarella and Parmesan cheeses on top
12. cover
13. and simmer until cheese has melted
14. 2 to 3 minutes. Serve immediately.