



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

- 5 ozs Organic Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	135mg
Calcium	165mg
Iron	5mg

Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.

No Sausage, Use ground meat instead.

Make it Quick, Use bagged coleslaw mix to save time on slicing cabbage.