

# CHICKEN SAUSAGE STIR-FRY

Makes 4 servings covering your protein and ½ cooked vegetable.



<https://wearychef.com/wp-content/uploads/2013/02/easy-sausage-stir-fry-11.jpg>

## Ingredients

- 12 ounces Al Fresca Italian Chicken Sausage or Aidells Chicken Sausage (they have many varieties, use ones without sugar)
- 1 Tbs. Avocado or coconut oil
- 1 small-medium Vidalia onion, roughly chopped

1 red, orange or yellow organic bell pepper, roughly chopped  
8 ounces sliced mushrooms  
2 handfuls of organic grape tomatoes, halved  
5 ounces baby spinach leaves  
Himalayan pink sea salt and freshly-ground pepper, to taste

## **Instructions**

Heat oil in a large stainless-steel pan over medium-high heat. Sauté sausage until brown on one side. Flip sausage over and add peppers, onion, mushrooms, salt and pepper. Sauté 5-7 minutes. Add in tomatoes and spinach and turn off heat, gently stirring them into the pan until wilted, but not overcooked.

## **Variations**

Change things up a bit by using different vegetables, like broccoli florets, asparagus, zucchini, cabbage, bok choy, etc.

Can be served over a bed of cauliflower rice, too.