

Quick Sausage Stir-fry

In reality, this dish can be served for breakfast, lunch or dinner. Sausage links can be purchased from the store. I look for a grass-fed, sugar-free and nitrate-free sausage for my stir-fry. This dish is a great leftover choice, too!



Sample Recipe

	Recipe serves	Prepared for
	2	4

Ingredient	Amount	Scaled amount
Sausage - nitrate-free	8 oz	1 lb
Coconut Oil	1 tbsp	2 tbsp
Sliced zucchini	1 cup	2 cup
Broccoli	1 cup	2 cup
Yellow Onion	1 cup	2 cup
Bell Peppers	1 cup	2 cup
Sea Salt	1 tsp	2 tsp
Coconut Aminos	2-3 tbsp	4-6 tbsp

Instructions

1. Heat oil in large skillet or wok.
2. Add onion and let cook for 1-2 minutes.
3. Add all other veggies to pan. Stir occasionally.
4. Add sliced sausage brats or links to the pan.
5. Add sea salt and coconut aminos.
6. Toss all ingredients together and enjoy!



