

EASY 30 MINUTE KALE AND SAUSAGE STIR FRY

Servings 6

Ingredients

- 3 tbsp oil
- 1 lb turkey smoked sausage cut into pieces
- 1 bunch of kale stems removed
- 1 green bell pepper sliced
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 1 onion sliced
- 2 cloves garlic minced
- 1 tbsp. garlic powder
- 2 tsp creole seasoning
- Salt/pepper to taste



Instructions

1. Heat a large skillet to medium heat and add oil. Add in bell peppers, onions, and garlic to skillet and cook for about 2-3 minutes.
2. Add smoked sausage to skillet and cook until slightly browned. Add kale and seasonings, and cook until kale has wilted.
3. Season with salt and pepper. Enjoy!

Recipe Notes

Nutritional Information: Calories 221, Carbohydrates 11g, Fat 15g, Protein 11g, Saturated Fat 3g, Fiber 1g, Sugars 0g

Source: www.beautifuleatsandthings.com