

Spicy Sausage and Veggie Stir Fry

This EASY 15 minute Spicy Sausage and Veggie Stir Fry is the perfect weeknight meal that is healthy, full of flavor and perfect for your weekly meal prep!

🕒 Preparation 5 minutes 🕒 Total 15 minutes 🍴 6 cups

Ingredients

or	or
1 onion, diced	1 yellow bell pepper, de-seeded and sliced
or	or
1 clove garlic, minced	1 large head broccoli, cut into florets (1-1/2 Cups)
or	or
1 Tbsp olive oil	1 (10 oz) can Rotel tomatoes, drained
or	or
4 links spicy jalapeno chicken sausage (I used Al Fresco), cut into 1/2 inch slices	1 tsp. Mrs. Dash onion and herb blend
or	or
1 red bell pepper, de-seeded and sliced	1/4 tsp. red pepper flakes
or	or
1 orange bell pepper, de-seeded and sliced	Pinch of sea salt

Cooking method

- 1
In a large skillet on medium heat, drizzle olive oil and saute onion and garlic until fragrant.
- 2
Add sausage slices and cook for a few minutes until brown, turning half way through.
- 3
Add onion, bell peppers, and broccoli and cook until veggies are tender, about 3 minutes then mix in Rotel tomatoes and seasonings, cooking and additional 5 minutes until everything is incorporated and heated through.
- 4
Serve and enjoy!