

# Cowboy Stir-Fry

Serves: 4-6      Time: 30 minutes

## Ingredients

- 1 polish Kielbasa, sliced into ½ inch coins
- 2 cloves garlic
- ½ red onion
- 2-3 Bell peppers (mixed colors)
- 3-5 potatoes, sliced very thinly
- 1 yellow squash
- 3 T olive Oil
- Lemon Juice
- Salt and pepper

\*I used a spiralizer in order to get consistent size and thickness



## Instructions

1. Prepare all vegetables and meat (as noted in ingredient section)
2. In a large skillet (it needs to be big!), heat 1 T olive oil on medium high heat. Add onion and cook until softened (2-3 minutes). Add kielbasa and garlic and sauté until sausage has begun to brown and release fat, about 5 minutes.
3. Add the rest of the veggies and oil and cook over MEDIUM heat, covered. Stir occasionally, and deglaze\* the pan with lemon juice 2 times (use 2-3 t at a time).
4. Towards the end, when veggies are almost cooked, uncover and stir more consistently to avoid any burning. Season liberally with salt and pepper.
5. Serve immediately.

\*Deglazing: to add wine or other liquid (a pan in which meat has been roasted or sautéed) so as to make a sauce/glaze that incorporates the cooking juices. Simply add liquid (lemon juice in this case) to the pan and give a quick stir in order to scrape up any of the “brown bits” in the bottom.