

Barbecue Sausage

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 15 minutes

INGREDIENTS

- 14-ounce smoked sausage, cut into 1-inch rings
 - 1 bell pepper, diced into 1-inch pieces
 - 1 medium onion, diced into 1-inch pieces
 - Your favorite seasoning - 2 tsp.
 - 1 Tbsp. neutral cooking oil - avocado, Extra virgin olive oil
 - 1 cup barbecue sauce
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DIRECTIONS

1. Heat a medium sized skillet over medium heat. Add the neutral cooking oil.
 2. Cut the sausage into rings. Dice the bell pepper and onions. Add the pepper to the skillet. Season the veggies.
 3. Cook for 5 minutes or until the onions are translucent.
 4. Add the sausage. Season the sausage. Cook for 3 to 5 minutes or until sausage is warmed through.
 5. Add the barbecue sauce. Cook for 5 minutes.
 6. Enjoy over rice!
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