

Cabbage & Sausage

(Gluten Free / Paleo & Whole 30 potential)

Shopping List

- 1 package turkey sausage, sliced
- 1/4 head cabbage, sliced, then cut (use more if desired)
- 1/2 white onion
- 3 cloves garlic, minced
- 2 tbsp red wine vinegar
- 2 tbsp coconut oil
- 1 tsp sea salt (or more to taste)

Instructions:

1. Heat 1 tbsp coconut oil in a sauté pan over medium heat. Add the sliced sausage links and cook thoroughly - about 4 minutes each side.
2. When the sausage is done cooking, remove it from the pan and put it on a plate to the side.
3. Add the remaining 1 tbsp coconut oil to the pan and add the onions. Sauté until opaque, about 3-5 minutes.
4. Add in the minced garlic, cabbage, red wine vinegar, and salt. Cover and sauté until thoroughly cooked, about 10 minutes, stirring occasionally.
5. Once the cabbage is soft and cooked, add the sausage back to the pan and stir to combine. Allow to cook together for another 3-5 minutes.
6. Serve & enjoy!