

Chorizo Sausage with Cabbage, Onions, and Peppers (Serves 1-2)

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One of my friends travels through North Carolina regularly and has become my source for "amazing pasture-raised pork" from [Grateful Growers Farm](#) there. The pork shoulders are the best I've ever had. The meat is moist, but leaner than other pork shoulders, looking almost like a beef roast, but full of pork flavor. But enough about the shoulders, their Chorizo is amazing. I'm buying one pound packs of Chorizo sausage that comes as ground pork without a casing. A quarter of a pound is enough to make a good meal when stir-fried with cabbage, onions, and peppers.



Prep and Cook Time: 15-20 minutes

Ingredients:

- 1 head of cabbage
- Coconut oil
- 1 medium sweet yellow onion
- 1 large green pepper
- 1 pound of chorizo sausage
- 1 head of cabbage
- Garlic powder
- Black pepper
- Salt

Directions:

Chop cabbage into bite-size pieces. Melt 1 or 2 tablespoons of coconut oil over medium heat in a wok or large skillet. Peel and chop onion into bite-sized pieces and add a big handful to the hot oil. Save the rest of the onion in an air-tight container in the refrigerator. Split pepper, remove

the seeds and pith, chop into very small pieces, and add to hot oil. Pinch off about 1/4 pound of chorizo sausage for each serving you are making. Divide sausage into small pieces and drop into the hot oil with the onion and peppers. Use a wooden spatula or spoon to break the sausage down farther. After the sausage has browned, add a big layer of chopped cabbage, maybe 3 to 5 handfuls. Dust the cabbage with salt, garlic powder, and black pepper. Stir everything together to coat the cabbage with hot oil and bites of sausage. Add a few ounces of water if the mix is dry. Cover and let everything cook over medium heat for 5 minutes. If the cabbage is not yet tender, let everything cook another few minutes. Taste a bite of cabbage and adjust seasonings if necessary. When done, transfer to a plate and enjoy!