

Treasure Barrel

Beef Sausage and Cabbage Stir Fry

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced into rounds
- [ ] 4 cups green cabbage, thinly shredded
- [ ] 1 medium onion, thinly sliced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp vegetable oil

Optional Garnish

- [ ] 1 tsp toasted sesame seeds
- [ ] 2 green onions, sliced

Instructions

1. Heat vegetable oil in a large skillet over medium-high heat. Add the sausage slices and cook, turning occasionally, until they are browned and aromatic, about 4–5 minutes.
2. Remove the sausage and set aside. In the same pan, add sesame oil and the sliced onion; sauté until translucent, about 2 minutes, then stir in the minced garlic until fragrant.
3. Add the shredded cabbage to the pan, tossing quickly. Cook for 3–4 minutes, letting the cabbage soften but retain a slight crunch.
4. Return the sausage to the skillet. In a small bowl, whisk together soy sauce, rice vinegar, and honey; pour over the mixture, stirring to coat evenly and let the sauce thicken, about 2 minutes.
5. Remove from heat, garnish with toasted sesame seeds and sliced green onions if desired, and serve immediately.

Nutrition per serving

420 kcal	24 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pan looks dry, add a splash of water to help the cabbage steam lightly.
- For extra depth, brown the sausage in two batches to avoid crowding.
- Adjust honey to taste; a little goes a long way toward balancing salt.