



Weeknight dinners can be  
healthful with this stir fry to  
feed a crowd.

### INGREDIENTS

- 1t Olive Oil
- 3 Red Peppers, de-seeded and sliced
- 3 large Onion, sliced
- 12oz Mushrooms, sliced
- 1t Metechi Garlic, ground coarse
- 1/4t Salt
- 1/4t Pepper
- 1# protein of your choice (sausage,  
pork, tofu, etc)
- 2 Zucchini, cut into half circles
- 2 Yellow Squash, cut into half circles

### DIRECTIONS

1. In a large sauté pan, sauté your protein of choice to render out the fat. If using tofu, add a little oil and cook to firm up the sides.
2. Once the protein is about half cooked, add the zucchini and yellow squash to soften.
3. Remove protein and squash from the pan leaving behind any fat in the pan.
4. Once the heat is refreshed in the pan, add the bell peppers, onions, salt and pepper. If you need to, add a little olive oil to help sauté.
5. Add the garlic when the onions begin releasing liquid into the pan.
6. Sweat the vegetables in the pan by placing a lid on top.
7. A few minutes before finished, remove the lid and add the mushrooms.
8. Sauté for a few minutes to allow some of the juices to evaporate and mushrooms to cook.
9. Fold in the protein and squash and season to taste.

