**Carol’s Kielbasa, Onions and Green Peppers**

This week’s Quick Family Recipe is definitely on the quick side! It will probably take you longer to read the instructions, then actually make it!

My momma used to make this dish and it is soooo sooo sooo good!!! We’re making kielbasa, onions and peppers. You can make a ton of it at one time and then break it up into several dishes!

It’s great served with rice (even better in fried rice, which we’ll make together next week) or on a hoagie roll with hot mustard. Also, plan to make your fried rice the same night and use the hot pan used to cook the kielbasa. It will add so much flavor to your rice.

The kids can help you chop and cook with this one…just 4 simple ingredients and you’ve got dinner on the table! No salt or pepper needed because there is enough flavor in the sausage.

Let’s get cooking together…

**Ingredients:**

* 2 Packages Kielbasa (Turkey or Beef)
* 2 Large Sweet Onions
* 2 Large Green Peppers
* Olive Oil

**How to Make:**

* Wash your peppers and cut them into strips. Cut your onion in half, place cut side down and continue to cut into half moon shaped slices.
* Cut your kielbasa into bite size pieces.
* I like to use two pots to cook, because I cook so much at one time. That way the cut side of the meat can caramelize by cooking against the hot pan. Also, it allows the onions and peppers to caramelize on their own.
* Place oil in the bottom of the pan. Allow to heat over medium and add your onions and peppers to the pan. Continue cooking until they cook down and begin browning. I usually turn up to high at the end to allow more browning to happen…keep stirring so it never has the chance to burn to the bottom of your pan.
* In your second pan, add oil and allow to heat over medium. Add your chopped kielbasa to the pan and allow the crisp.
* When done, I combine the meat into the same pan with the veggies. Allow to cook together.

 Serve as is, with rice or on hoagie rolls with hot mustard and enjoy!

Ellis and Tyler loved this dish! It’s so super easy to make and just over the top with flavor. Share your pics of your family enjoying g these recipes together on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/)

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Originally posted on [Carolbake.com](http://carolbake.com/)