

Cajun stir fry

by Uncle Larry Roussel

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Ingredients

¼ cup of olive oil

1'4 cup of butter

1 quart/4 cups of fresh sliced mushrooms

1 pint/2 cups of celery (slice celery ribs into large bite size chunks)

1 quart/4 cups of sliced onions

1 quart/4 cups of sliced bell peppers (use assorted colors, green, red, yellow and orange)

1 level tablespoon of Cajun/Creole seasoning

Directions

- Place skillet on burner on medium/high heat. Add olive oil and butter. Stir often.
- As butter melts, add the mushrooms and sauté for about 2 minutes. Stir often.
- Add the celery and sauté for another minute. Stir often.
- Add the onions and sauté for one minute longer. Stir often.
- Now add the bell peppers and seasoning. Sauté for 1 to 2 minutes,
- Turn off heat cause it's time to eat.