

Polish Sausage with Cabbage - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 20 minutes cook

Ingredients:

2 12-oz package fully-cooked Polish sausage

1 12-oz can beer

water

1 head cabbage, coarsely chopped

1/2 head red cabbage, coarsely chopped

3/4 teaspoon caraway seed

1 teaspoons sugar

1 teaspoon salt

Cooking Directions:

In a four-quart Dutch oven combine the beer and enough water to cover sausage. Bring to a boil; reduce heat and add sausage. Simmer for 8-10 minutes. Remove sausage. Add cabbage, caraway seed, sugar and salt to cooking liquid; mix well. Top with sausage. Cover and simmer for 10 minutes. Drain to serve.

Serves 6

Nutrition:



Calories: 469 calories

Protein: 19 grams

Fat: 33 grams

Sodium: 1433 milligrams

Cholesterol: 79 milligrams

Saturated Fat: 12 grams

Carbohydrates: 20 grams

Fiber: 6 grams

