

Bangers with Beer Cooked Onions



Servings: 6

3 red onions, thinly sliced
1 cup beer (lager)
1/2 cup packed brown sugar
1/3 cup balsamic vinegar
2 tablespoons olive oil
1/2 cup water
6 sausage links
6 sausage buns

To a deep fry pan add onions, beer, brown sugar, balsamic vinegar, olive oil, and water. Bring to a simmer over medium-high heat.

Reduce the heat to low and cook for 40 minutes or until thick, stirring occasionally to prevent the onions from sticking to the base of the pan.

Pre-heat the barbeque to medium-high. Grill the sausage links on both sides until cooked through.

Place your sausages into the buns and top with the onion mixture.

Serve

Per Serving (excluding unknown items): 264 Calories; 11g Fat (37.9% calories from fat); 5g Protein; 34g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 209mg Sodium; 28g Total Sugars; trace Vitamin D; 56mg Calcium; 1mg Iron; 324mg Potassium; 87mg Phosphorus. Exchanges: .