

Cabbage and Sausage



Servings: 4

2 tablespoons olive oil
1 tablespoon unsalted butter
1 pound Kielbasa, sliced into rounds
1 onion, sliced
1 half green cabbage, chopped
3 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup chicken stock
2 tablespoons fresh parsley, chopped

In a large pot heat olive oil and unsalted butter over medium-high heat until the butter is melted.

Add kielbasa and cook stirring occasionally until golden on both sides about 5 minutes. Remove the kielbasa with a slotted spoon leaving the oil in the pot. Set aside.

To the pot add onion and cook until softened about 5 minutes.

Add cabbage, garlic, salt, and pepper. Cook until the cabbage is wilted about 8 minutes.

Return the kielbasa to the pot and stir together. Add chicken stock.

Cover and reduce the heat to medium-low. Let cook for 20 minutes. (Do not uncover or stir).

Stir in parsley.

Serve

Per Serving (excluding unknown items): 480 Calories; 44g Fat (81.4% calories from fat); 14g Protein; 9g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 1678mg Sodium; 4g Total Sugars; 1mcg Vitamin D; 44mg Calcium; 1mg Iron; 342mg Potassium; 213mg Phosphorus. Exchanges: .