

Grilled Sausage with Onions Cooked in Beer



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
6 sausages
6 sausage buns

To a deep fry pan add onions, beer, brown sugar, balsamic vinegar, olive oil, and 1/2 cup 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.

Cook the sausages until cooked through.

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

Serve

Per Serving (excluding unknown items): 175 Calories; 5g Fat (23.3% calories from fat); 1g Protein; 33g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 22mg Sodium; 28g Total Sugars; 0mcg Vitamin D; 52mg Calcium; 1mg Iron; 237mg Potassium; 48mg Phosphorus.
Exchanges: .