# Bob's Irish Sausage & Cabbage Stew

Clean, spicy, and satisfying—with no dairy or junk.

## Ingredients (Makes ~4 servings):

* - 6 quality sausages (spicy chicken or lean bratwurst)
* - 1 tbsp olive oil
* - 1 large onion, sliced
* - 3 cloves garlic, minced
* - 3 medium carrots, chopped thick
* - 3 cups green cabbage, rough chopped
* - 3 cups low-sodium beef broth (or chicken if preferred)
* - 1 tbsp apple cider vinegar (if skipping beer)
* - 1 tbsp Worcestershire sauce
* - ½ tsp salt (optional, depends on sausage/broth)
* - ½ tsp black pepper
* - ½ tsp dried thyme
* - 2 bay leaves
* - Optional: ½ tsp red pepper flakes (for heat)
* - Optional: ½ cup cooked wild rice per bowl (add at serving)

## Instructions:

1. Brown the Sausages: Heat olive oil in a Dutch oven or large pot over medium heat. Sear sausages until browned on all sides (don’t fully cook through yet). Remove and set aside.
2. Sauté the Aromatics: In the same pot, toss in sliced onion and garlic. Cook 3–5 minutes until translucent and fragrant.
3. Build the Base: Add carrots and cabbage, stir well. Pour in broth, Worcestershire, apple cider vinegar (or beer if using), thyme, salt, pepper, and bay leaves. Stir to combine.
4. Simmer with Sausages: Nestle sausages back into the pot. Reduce heat to low, cover, and simmer for 30–40 minutes. Stir occasionally. Cabbage should be soft but not mushy, and sausages fully cooked.
5. Adjust & Serve: Taste and adjust seasoning. Ladle into bowls and top with cracked black pepper or parsley. Add wild rice to bowl if using (don’t simmer it in).

Keeps in the fridge for 4–5 days. Even better the next day. Pairs great with a cold evening, a worn hoodie, and Soundgarden in the background.