

# SAUSAGE AND CABBAGE SKILLET

*Smoky kielbasa pan-fried with red or green cabbage, onion, and a splash of vinegar*



## INSTRUCTIONS

### 1. Brown the sausage

- 1 lb kielbasa smoked sausage, halved lengthwise and sliced into 1/2-inch pieces
- 1/2 tbsp beef tallow

Heat the tallow in a large deep skillet or Dutch oven over medium heat. Add the sausage and toss to coat. Cook until browned, about 3 minutes per side. Transfer the sausage to a plate.

### 2. Cook the onion, garlic, and cabbage

- 1 tbsp beef tallow
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 medium head red or green cabbage, cored and chopped into 1-inch pieces (about 2 lbs)
- 3/4 tsp kosher salt, plus more to taste
- 1/2 tsp black pepper

Return the pan to the stove and reduce the heat to medium-low. Add the remaining tallow and the onion. Cook, stirring occasionally, until the onion has softened. Add the garlic, cabbage, salt, and pepper. Toss well to combine. Cover and cook, stirring every 4-5 minutes, until the cabbage is wilted, about 12 minutes.

### 3. Combine and finish

- 1 tsp red wine vinegar

Stir in the vinegar and return the sausage to the pan. Stir, cover, and cook for about 3 more minutes, until the cabbage is tender and the sausage is hot. Taste and add more salt if needed.

**NUTRITION (per serving, makes about 4 servings)**

- Calories: 484
- Total Fat: 38g
- Total Carbs: 17g
- Fiber: 6g
- Net Carbs: 11g
- Protein: 19g

**STORAGE**

Keep in an airtight container in the fridge for 3-4 days.