

# One-Pot Fried Cabbage & Sausage

*By Millie Peartree, Serves 4-6*

## Ingredients

- 2 tablespoons fat or oil of your choice
- 12 ounces kielbasa, sliced on a bias into 1-inch pieces
- 1/2 large yellow onion, diced (about 1 cup)
- 1/2 red bell pepper, sliced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper
- 4 garlic cloves, minced
- 1 tablespoon dark brown sugar
- 1 teaspoon sweet paprika
- 1 medium-sized head green cabbage (about 2 pounds), roughly chopped into 1-inch pieces
- 2 tablespoons apple cider vinegar
- 1 tablespoon low-sodium seasoned salt (like Lawry's)
- 1/2 teaspoon crushed red pepper flakes
- Fresh parsley, roughly chopped

## Directions

1. In a large, deep cast-iron skillet or Dutch oven, heat the fat over medium heat. Add the sausage and cook until browned, about 3 to 5 minutes per side. Transfer to a paper towel-lined plate and set aside.
2. To the same vessel, add the onions, peppers, salt, and pepper. Sauté until the vegetables are translucent and tender, about 2 to 3 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the brown sugar and sweet paprika to the pan; stir until the sugar dissolves.
3. Add the cabbage to the pan and stir until combined. Add the apple cider vinegar and cover the pan with a lid. Cook the vegetables, stirring occasionally, for about 10 minutes; until the cabbage is tender.
4. Add the seasoning salt to the vegetables and toss until well combined. Return the sausage to the pan and add the red pepper flakes. Toss so that the vegetables and sausage are combined, and cook the dish for an additional 3 to 5 minutes. Remove the pan from the heat. Taste and season, as desired. Garnish with the parsley and serve hot.

### **Nutrition Quick-Fact**

Cabbage contains vitamin C, which is good for fighting colds and healing cuts.