

Sausage and Cabbage



Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients

- 14 ounces smoked sausage, sliced into rounds
- 6 cups green cabbage, chopped
- 1 small onion, thinly sliced
- 1 tablespoon olive oil

Spices

- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

- Optional: pinch of red pepper flakes

Instructions

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the sliced sausage and cook for 4 to 5 minutes, turning occasionally, until browned and slightly crisp on the edges.
3. Add the sliced onion and cook for 2 to 3 minutes, until softened.
4. Stir in the chopped cabbage, salt, black pepper, and garlic powder.
5. Cook for 5 to 8 minutes, stirring occasionally, until the cabbage is tender but still has a slight bite.
6. Add red pepper flakes during the last minute, if using.
7. Taste, adjust seasoning if needed, and serve warm.

Notes

- The cabbage will cook down quite a bit as it softens.
- Smoked sausage gives plenty of flavor, so this recipe stays simple without needing many extra ingredients.
- A small splash of apple cider vinegar at the end can brighten the dish if you want a little contrast.

Nutrition

Estimated per serving:

Calories: 290

Protein: 12g

Carbohydrates: 9g

Fat: 23g

Fiber: 2g

Sugar: 4g