

Beer Braised Sausage and Kraut



Ingredients

- 1 T extra virgin olive oil
- 2 c cabbage, shredded
- 1 c onions, chopped
- 3 medium potatoes, peeled and chopped
- 14 oz smoked turkey sausage, chopped
- 14 oz canned sauerkraut, undrained
- 1/2 c beer (your choice)
- 3 1/2 c chicken broth, fat free
- 2 T grainy mustard
- 1 T caraway seeds
- 1 box pierogies, cooked

Cooking Directions

1. Preheat oven to 400.
2. Heat a Dutch oven on medium-high heat and add oil; swirling to coat.
3. Add cabbage and onion and saute 5 minutes or until they begin to brown.
4. Add sausage and saute an additional 5 minutes.
5. Add potatoes and saute 3 to 5 minutes.
6. Combine beer, broth, mustard and caraway seed in a small bowl. Add to cabbage mixture and bring to a boil. Reduce heat and simmer 20-25 minutes or until the potatoes are fork tender.
7. Place pierogies on a baking sheet coated with cooking spray. Spray with cooking spray and bake for 15 minutes.
8. Turn the pierogies over, spray with cooking spray, and bake an additional 12-15 minutes or until puffy and crisp.
9. Serve immediately.