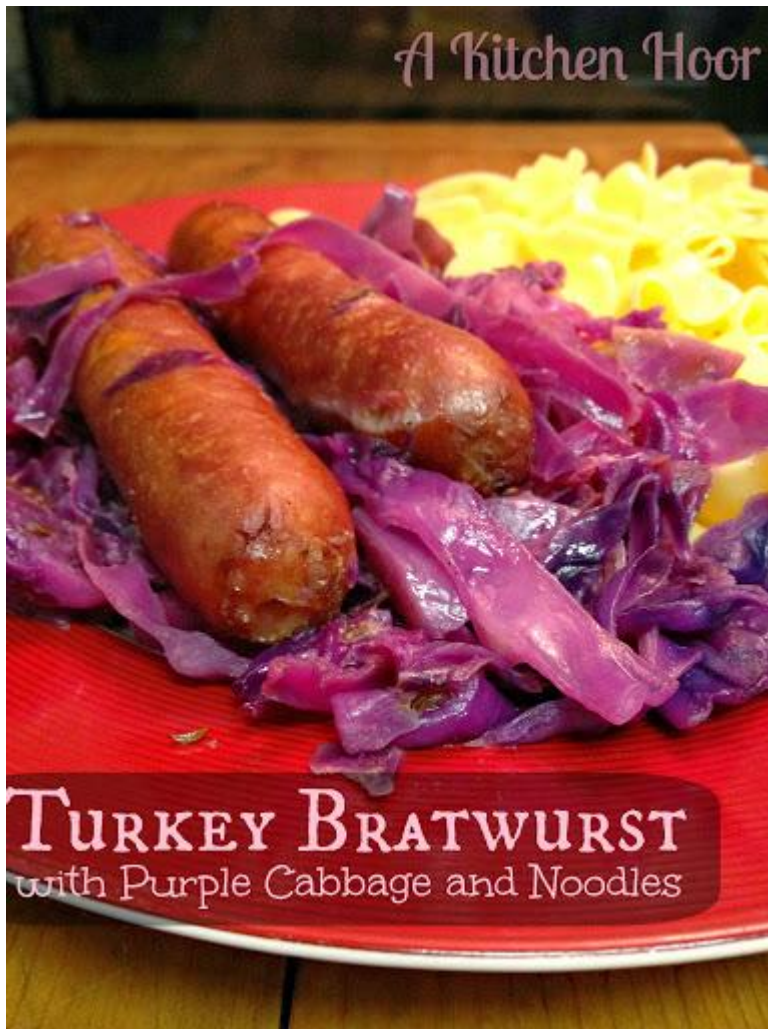


Turkey Bratwurst with Purple Cabbage and Noodles

Recipe by A Kitchen Hoor (@flowerfroggirl)



Ingredients

- 8 ounces egg noodles
- 2 tablespoons butter or margarine
- salt and pepper to taste
- 4 cups red cabbage, thinly sliced
- 1 cup fat free chicken broth
- 1 teaspoon caraway seeds
- 1 teaspoon bratwurst seasoning mix (or Polish seasoning mix)
- 13.5 ounces [Turkey Sausage with Cheddar](#)

Cooking Directions

1. Cook pasta according to package directions, omitting salt and fat. Toss hot pasta with the margarine and salt and pepper to taste.
2. Heat a large skillet coated with cooking spray over medium-high heat. Add cabbage and saute until slightly wilted and brown.
3. Combine the chicken broth, caraway seeds, bratwurst seasoning and mustard. Pour over cabbage, stir, cover, and simmer until cabbage is crisp tender.
4. Add the sausages to the pan, making sure that they are towards the bottom of the pan and sitting in the broth mixture. Continue to simmer until the sausages are heated through; approximately 7 to 10 minutes.