

Easy Skillet Sausage and Cabbage

My own concoction



Servings: 2

1. In a large skillet add olive oil to pan and heat over medium. Add onion, then celery. Cook for 3-5 minutes until softened and beginning to brown. Reduce heat some then add cabbage, white wine. Scoop Dijon into center of pan and swirl to dissolve in the wine, then stir into everything.
2. Add sliced sausage and stir. Allow to sizzle a bit then cover with a lid and lower heat to a simmer. Add butter and stir through until melted. Cook for about 5 minutes until sausage and cabbage are cooked. Add salt and pepper to taste. Serve immediately in a wide soup bowl.

- 2 teaspoons olive oil
- 1/2 large yellow onion, Sliced
- 1/2 cup celery, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme, crushed between your palms
- 3 cups cabbage, sliced and cut crosswise
- 1/2 cup dry white wine
- 1 tablespoon Dijon mustard
- 1 teaspoon Italian herbs
- 7 ounces smoked sausage, or Italian sausage, crumbled
- salt and pepper to taste
- 2 tablespoons butter

Per Serving (excluding unknown items): 555 Calories; 43g Fat (74.7% calories from fat); 17g Protein; 16g Carbohydrate; 5g Dietary Fiber; 97mg Cholesterol; 1345mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 96mg Calcium; 3mg Iron; 575mg Potassium; 179mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com