

Braised Cabbage with Sausage



Sirve:

4 - 6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Cabbage is an inexpensive and nutritional powerhouse that is easy to find year round in most markets. It is high in fiber, sulfur, vitamin C, and is low in calories and fat. Cabbage is delicious raw in salads and slaws, but really develops its naturally sweet flavor when braised. With only 4 main ingredients, this dish is a great quick meal to prepare.

1 large
sweet onion, sliced, use Cone #4
1 pound
lean, sweet Italian sausage, removed from its casing
(454
g)
1 medium
green cabbage, cored and sliced, use Cone #4
½ teaspoon
sea salt
(3
g)
½ teaspoon
fresh ground pepper
(1
g)
½ teaspoon
crushed red pepper flakes
(.5
g)
3 cups
cannellini beans, cooked and drained
(552
g)
½ cup
fresh parsley leaves, chopped
(30
g)

2 tablespoons
apple cider vinegar
(30
ml)

Preparación :

1. Preheat MP5, uncovered, at 375°F/190°C.
2. Add onions and sauté for 3 - 4 minutes, stirring during cooking, until they begin to brown slightly and soften.
3. Add sausage meat and cook for an additional 4 minutes, breaking up chunks of sausage into smaller pieces during cooking.
4. Add cabbage, a little at a time, tossing it with onions and sausage, until all of the cabbage has been added.
5. Season with salt, pepper and crushed red pepper flakes.
6. Add cannellini beans on top of the cabbage mixture and place cover on MP5.
7. When Vapo-Valve™ begins to click steadily, reduce temperature to 225°F/110°C and cook for 60 - 90 minutes or until cabbage is soft and sweet.
8. Stir mixture together, and add chopped parsley and apple cider vinegar.
9. Taste and adjust seasonings as desired.

Consejos:

- Substitute Italian sausage for Kielbasa or other smoked sausage, and cut into small pieces.
- If you like a very meaty dish, double the amount of sausage used.
- Add in 15 ounces of crushed tomatoes for a variation to this dish.

Información nutricional por ración

Based on 6 servings

Calorías: 262

Grasa Total: 7g

Grasa 2g

Saturada:

Colesterol: 42mg

Sodio: 923mg

Carbohidratos: 31g

Fibra 10g

Dietética:

Azúcar: 6g

Proteína: 21g