

**Pork**

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# German Pork N Cabbage Casserole

Betty Crocker Best-Loved Casseroles

**Servings: 6**

**Preparation Time: 20 minutes**

**Start to Finish Time: 1 hour 5 minutes**

**3 slices bacon, 6**

**6 country-style pork ribs**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**5 cups coleslaw mix, `**

**1 large (1 cup) onion, chopped**

**1 can (8 oz) sauerkraut, drained**

**1 apple, chopped**

**1 cup carrots, julienned**

**3/4 cup apple cider**

**1 cup caraway seed**

Preheat oven to 350 degrees.

Spray a 13x9-inch baking dish with cooking spray.

In a 12-inch nonstick skillet, cook bacon until crisp; remove from skillet and crumble into a small bowl; set aside.

Sprinkle ribs with salt and pepper. In bacon drippings, cook ribs over high heat for 3 to 4 minutes, turning once, until brown. Place ribs in baking dish, reserving drippings in skillet.

In the same skillet, cook coleslaw mix and onion over medium heat for about 3 minutes, stirring occasionally, until softened and wilted. Remove from heat. Add bacon, sauerkraut, apple, carrots, cider and caraway seeds; mix well. Spoon on top of ribs.

Bake, covered, for 30 to 45 minutes or until pork is no longer pink and meat thermometer inserted in center of rib reads 160 degrees.

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Per Serving (excluding unknown items): 130 Calories; 4g Fat (26.8% calories from fat); 5g Protein; 22g Carbohydrate; 9g Dietary Fiber; 3mg Cholesterol; 500mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1/2 Fruit; 1 Fat.