

Beer-Glazed Sausage and Apples

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Servings: 4

1 bottle (12 ounces) Belgian-style wheat beer
1/2 teaspoon crushed red pepper
1 package (14 to 16 ounces) smoked sausage or kielbasa, cut in 3-inch pieces
1/2 pound fresh green beans
2 tablespoons butter, divided
2 medium cooking apples, cored and thinly sliced
2 tablespoons packed brown sugar
1 tablespoon cider vinegar
1 teaspoon orange peel, finely shredded
8 small sage leaves

Preparation Time: 35 minutes

In a large saucepan, combine 1/2 of the beer and the crushed red pepper. Bring to boiling. Add the sausage and green beans. Return to a simmer. Cook, covered, for 5 to 8 minutes or until the beans are tender. Drain and set aside.

Meanwhile, in a large skillet, melt one tablespoon of the butter. Add the apples. Cook, turning occasionally, until the apples are just tender. Transfer to a platter.

Add the sausage to the skillet. Cook, turning occasionally, until browned on all sides. Add to the platter and cover. Drain the fat from the skillet.

Carefully add the remaining beer to the skillet (the mixture may foam). Stir to scrape up the browned bits. Add the remaining one tablespoon of butter, brown sugar, cider vinegar and orange peel. Bring to boiling. Reduce the heat and boil gently, uncovered, for 5 to 6 minutes or until slightly thickened.

Return the sausage and green beans to the skillet to coat in the glaze. Heat through. Fold in the apples. Return to the serving platter. Sprinkle with the sage.

Per Serving (excluding unknown items): 78 Calories; 6g Fat (64.5% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.