

# Crockpot Kielbasa and Sauerkraut

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## **Servings: 8**

*1 medium onion, sliced into thin strips*  
*2 pounds kielbasa, drained and rinsed, sliced into one-inch lengths*  
*2 packages (32 ounce ea) sauerkraut*  
*1/3 cup brown sugar*  
*1 cup water*  
*1 cup apple cider*

## **Preparation Time: 20 minutes**

### **Slow Cooker Time: 6 hours**

In a skillet over medium-high heat, cook the onion in some oil until caramelized.

In a bowl, combine the water, cider and brown sugar.

Place the kielbasa in the crockpot. Pour the cider mixture over the top. Stir well.

Cover and cook on HIGH for six hours.

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Per Serving (excluding unknown items): 405 Calories; 31g Fat (69.0% calories from fat); 16g Protein; 16g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 1616mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.