

Five-Ingredient Crock Pot Kielbasa and Sauerkraut

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www.SlowCookerKitchen.com

Servings: 6

1 or 2 packages kielbasa sausage
2 pound bag sauerkraut
1 medium onion, sliced thin
2 tablespoons honey or brown sugar
(optional)
1 tablespoon butter

Preparation Time: 5 minutes

Slow Cooker: 8 hours

Butter the crockpot insert.

Slice the kielbasa into chunks. Place the sliced sausage into the bottom of the crockpot. Layer the onion on top of the sausage.

Sprinkle on the brown sugar or drizzle on the honey.

Pour the sauerkraut, juices included, over the top.

Cover and cook on LOW for five to six hours.

If making sandwiches: Lightly butter the rye bread. Toast for 2 to 3 minutes. Lay a slice of Swiss cheese on each piece of bread. Toast until melted. Arrange slices of kielbasa and some drained sauerkraut on the toasted bread to your preference. Daub with spicy brown mustard, if desired.

IF YOU ARE MAKING "Fake Out" RUEBENS

You will need:

spicy brown mustard
Swiss cheese slices
rye bread

Per Serving (excluding unknown items): 39 Calories; 2g Fat (43.9% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 540mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	.1mg
% Calories from Fat:	43.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	47.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	22mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0 0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	540mg	Vegetable:	1
Potassium (mg):	163mg	Fruit:	0
Calcium (mg):	28mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	86IU		
Vitamin A (r.e.):	19 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 39 Calories from Fat: 17

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	540mg	23%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	9%
Protein	1g	

Vitamin A	2%
Vitamin C	21%
Calcium	3%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.