German Brat Seafood Broil

Trisha Kruse - Eagle, ID
Taste of Home Grandma's Favorites

Servings: 6

1 package (19 ounce) uncooked bratwurst links
1 medium onion, quartered
2 quarts water
2 bottles (12 ounce ea) beer (or three cups chicken broth)
1/2 cup seafood seasoning
5 medium ears sweet corn, cut into two-inch pieces
2 pounds small red potatoes
1 medium lemon, halved
1 pound cod fillet, cut into one-inch pieces
coarsely ground pepper

Preparation Time: 25 minutes Cook Time: 30 minutes

Grill the bratwurst, Covered, over medium heat, turning frequently, until the meat is no longer pink, 15 to 20 minutes.

Grill the onion, covered, until lightly browned, 3 to 4 minutes on each side. Cut the bratwurst into two-inch pieces.

In a stockpot, combine the water, beer and seafood seasoning. Add the corn, potatoes, lemon, bratwurst and onion. Bring to a boil. Reduce the heat. Simmer, uncovered, until the potatoes are tender, 15 to 20 minutes.

Stir in the cod. Cook until the fish flakes easily with a fork, 4 to 6 minutes. Drain.

Transfer to a large serving bowl. Sprinkle with pepper.

Per Serving (excluding unknown items): 135 Calories; 1g Fat (8.9% calories from fat); 16g Protein; 17g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 62mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit.