

Hyunkas Kielbasa Casserole

*Catherine J Metrick
The Pennsylvania State Grange Cookbook (1992)*

Servings: 4

*1 quart yellow or green
beans, sliced
4 potatoes, cut into
1-1/2-inch cubes
1 onion, chopped
2 slices rye-caraway seed
bread, cubed
1 pound kielbasa, sliced
one-inch thick
catsup*

In a saucepan, cook the beans in water until partially done. Set aside.

In a saucepan, boil the potatoes in water until partially done. Set aside.

In a large nonstick skillet, saute' the onion until tender. Add the bread, kielbasa, beans, potatoes and enough catsup to lightly coat the vegetables.

Cook until the vegetables are tender, stirring frequently.

Per Serving (excluding unknown items): 459 Calories; 31g Fat (61.0% calories from fat); 18g Protein; 27g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 1229mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.