
Kielbasa and Sauerkraut

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Servings: 4

1 package smoked kielbasa
2 whole black peppercorns
1/2 teaspoon caraway seeds
1 can sauerkraut

Cook the kielbasa slowly in a pot of water for 30 minutes.

In a separate pot, place the sauerkraut, pepper and caraway seeds in enough water to cover the sauerkraut. Cook slowly for 30 minutes.

When the kielbasa is cooked, remove it from the water. Skin the kielbasa and slice into 1/2-inch slices. Cut in half again.

Mix the kielbasa in with the sauerkraut. Continue cooking, stirring occasionally until almost all of the water has evaporated, approximately one hour.

Pork

Per Serving (excluding unknown items): 12 Calories; trace Fat (7.8% calories from fat); 1g Protein; 3g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 390mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.