

Kapusta

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 large can sauerkraut,
rinsed, parboiled and
drained.*

salt (to taste)

pepper (to taste)

1 head cabbage

*1/4 pound split peas
water*

1 stick margarine

You may use either fresh pork butt or spareribs in this recipe. If using either, boil until done and take the meat out. If not using meat, bouillon cubes with the addition of bacon fat may be used.

Take one large can of sauerkraut, rinse, parboil and drain. Add to the pork water, season to taste with salt and pepper, and cook for about 30 minutes, depending on how soft you want your sauerkraut.

While the above is cooking, take a head of cabbage that would approximately equal the volume of the sauerkraut used, and cook until done.

While the other pots are bubbling, place 1/4 pound of split peas in a saucepan with water and cook until mushy.

Combine the peas, sauerkraut and cabbage. Add a stick of margarine. Adjust the seasoning.

If you used pork in the recipe and want the meat to remain, remove the bones, shred the meat and return to the pot.

Per Serving (excluding unknown items): 1266 Calories; 93g Fat (64.1% calories from fat); 32g Protein; 84g Carbohydrate; 37g Dietary Fiber; 0mg Cholesterol; 2659mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 3 Vegetable; 18 Fat.