



## SMOKED SAUSAGE WITH RED CABBAGE AND SWEET POTATOES

*Designed to convert the most reluctant vegetable eaters. Serve with thin slices of pumpernickel bread.*

1 small head red  
cabbage, thinly sliced

2 medium sweet  
potatoes, peeled, cut  
into 1/2-inch slices

1 cooking apple, peeled,  
cored, thinly sliced

1 lb. smoked sausage  
ring, cut into 1-inch  
slices

2 tablespoons brown  
sugar

1/8 teaspoon ground  
cinnamon

1/4 cup red wine vinegar

Dijon-style or sweet-hot  
mustard

In slow-cooker, make alternate layers of cabbage, sweet potatoes, apple and sausage. In small bowl, combine brown sugar, cinnamon and vinegar. Pour

over ingredients in pot. Cover and cook on LOW 7 to 8 hours. Serve with mustard. Makes 5 or 6 servings.

1 serving contains:

<u>Cal</u>	<u>Prot</u>	<u>Carb</u>	<u>Fat</u>	<u>Chol</u>	<u>Sodium</u>
340	12g	22g	23g	53mg	727mg

*A German-inspired dish that combines wonderful flavors, both spicy and sweet.*