

Kielbasa & Cabbage One Skillet Meal



- 1.5 – 2 lbs Smoked Kielbasa Cut Into Bite Size Pieces**
- 1 Tbsp Butter**
- 1 Medium Sliced Onion**
- 1 tsp Minced Garlic**
- Salt & Pepper to taste**
- 4 Cups Chopped Cabbage**
- 1 Tbsp Rice Vinegar**
- 1 Tbsp Dijon Mustard**

Melt butter in skillet. Sauté onion, add garlic, cabbage, salt and pepper. After about 4 minutes, add Kielbasa. Heat through then add vinegar and mustard.

8 One Cup Servings

1 Cup

8g Carbs

1g Fiber

17g Protein

28g Fat

360 Calories