

Sauteed Cabbage with Kielbasa Sausage

1 small to medium head of cabbage

1 package of Kielbasa sausage

Salt, pepper, garlic powder and chili flakes to taste

Cut cabbage around the stem and throw it away. You should have four large pieces. Then cut in large chunks or wide strips. Rinse thoroughly and set aside.



Cut Kielbasa sausage in 12 – 16 equal parts and set aside.

Heat a large skillet on medium heat. Add one or two tablespoons oil (vegetable, canola, olive oil or bacon grease). Dump in your cabbage and season with spices. Add $\frac{1}{4}$ c water or stock, and cover for five minutes. Stir cabbage and remove from heat. Place the cabbage in a large bowl.

Place the skillet back on the stove and add one tablespoon oil. Add your Kielbasa sausage and cover with a lid. Cook for 3-4 minutes on both sides.

Add cabbage back to the skillet and mix with the sausage. Dinner is ready.

You can serve this meal with cornbread.