



Sausage and Cabbage Stew (Bigos)

Ingredients (Serves 8. Prep time: 1 hour 15 minutes.)

- 2 tablespoons canola oil
- 12 ounces Kielbasa (or your favorite sausages), cut into 2-inch pieces
- ½ pound smoked ham, cut into 1-inch cubes
- ½ large yellow onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 4 ounces mushrooms, cut in ½-inch slices
- ½ pound green cabbage, shredded
- ½ pound sauerkraut, drained
- 1 apple, diced (about 1 ½ cups)
- 1 can (14.5 ounces) diced tomatoes
- ½ teaspoon allspice
- ½ teaspoon ground black pepper

Preparation

In a large stockpot or Dutch oven, heat the canola oil over medium heat. Brown the pieces of sausage and smoked ham. Add the onions and garlic and sauté for several minutes until the onion starts to soften. Add the remaining ingredients and stir well. Lower the heat, cover and continue to cook for 45 minutes. Stir every 10 minutes or so to prevent sticking.

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Ingredient checklist

PRODUCE

- 1 yellow onion
- 1 head green cabbage
- 1 head garlic
- 4 ounces mushrooms
- 1 apple

GROCERY

- Canola oil
- 1 14.5-ounce can diced tomatoes
- 1 8-ounce jar sauerkraut

MEAT/SEAFOOD

- 12 ounces Kielbasa or similar sausages
- ½ pound smoked ham

SPICES/SEASONINGS

- ½ teaspoon allspice
- ½ teaspoon ground pepper

Serving suggestion

Traditionally, this stew is served with potatoes and rye bread, and is often made a day ahead of time, allowing the flavors to mingle overnight. Deviled eggs or creamed herring are served as an appetizer with this dish. For a lighter meal, add a fresh green salad, or lightly-steamed broccoli, carrots, or green beans.

Nutritional information per serving

- 272 calories
- 18 g. fat
- 45 mg. cholesterol
- 1041 mg. sodium
- 15 g. carbohydrate
- 3 g. fiber
- 13 g. protein

The nutritional values and information provided are approximations.

