

Polish Sausage and Cabbage Soup Crock Pot

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/boiled-cabbage-and-polish-sausage-recipe>

Ingredients:

- 2 cups potatoes cubed and peeled
- 4 cups cabbage shredded it fine
- 1 carrot shredded it fine
- 1 onion large, chopped
- 2 teaspoons caraway seeds crushed, optional
- 1 1/4 pounds polish sausage cooked, halved lengthwise and cut into 1/2 inch slices
- 4 cups fat free chicken broth or you can just use water
- black pepper
- salt

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 100 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 14 grams
8. Sodium: 2450 milligrams
9. Sugar: 3 grams

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