

Polish sausage, Sauerkraut and potatoes (CROCKPOT)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-polish-sausage-seasoning-recipe>

Ingredients:

- 28 ounces sauerkraut undrained, or 1, 2 pound bag
- 6 potatoes peeled and cut into large chunks
- 1 cup water
- 1 pound polish sausage cut into chunks, could use smoked sausage
- 1 teaspoon caraway seeds
- 1 bay leaf
- 1/4 teaspoon pepper

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 80 milligrams
4. Fat: 33 grams
5. Fiber: 13 grams
6. Protein: 24 grams
7. SaturatedFat: 11 grams
8. Sodium: 1630 milligrams
9. Sugar: 7 grams

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