

Hungarian Cabbage and Sausage (Comfort food)

Ingredients:

A large onion

A small or half a medium head of cabbage

2 cans diced tomatoes

2TbIs bacon fat (or substitute EVOO)

16 oz Polish sausage cut into coins (or substitute vegan sausage there are some good ones)

8-16 oz broth (I use vegetarian 'Better than Bullion' for everything, note: it is not gluten free)

1 Tbs Hungarian paprika (regular paprika will do)

1+ Tbs caraway seeds

Salt and pepper to taste

Directions:

Place fat/oil in a dutch oven and heat on low-med.

Chop the onion and add to the pot, cook until translucent.

Quarter and core the cabbage then slice into approximately 1/4" slices, add to pot, cook until cabbage softens.

Add tomatoes with their liquid, paprika and caraway seeds.

Slice and add sausage.

Add 8oz of broth until everything is mostly covered in liquid, add more if you prefer a soupier consistency.

Add salt and pepper to taste, (note: if you use hot Hungarian paprika you probably won't want to add pepper).

Let simmer for 15-30min to blend flavors

(You may want to add thickening such as wheat flour or other, I sometimes use chick pea flour if I want it to be gluten free, but it takes longer to thicken, I don't use corn starch since it changes the consistency)

Serve with crusty bread or spatzle