



Sunday Dinner

Milk Can Supper

Ingredients:

- 1 Tbsp. canola oil
- 8 uncooked bratwurst links
- 2 lbs. Yukon Gold potatoes -quartered
- 1 small head of cabbage
- 2 medium onions-quartered
- 3 medium carrots, peeled and cut into 2 inch lengths
- 3 medium parsnips, peeled and cut into 2 inch lengths
- 6 fresh thyme sprigs
- 2 garlic cloves
- 2 bay leaves
- 1/2 Tsp. salt
- 1/2 Tsp. pepper
- 1 cup light beer
- 1 cup reduced sodium chicken broth

Directions:

1. Heat oil in large skillet over medium heat; add sausages and cook until browned. 3-4 minutes. Remove from heat, set aside.
2. Place potatoes in a single layer on the bottom of a 6qt. slow cooker. Top with cabbage, onions, carrots, and parsnips. Add thyme, garlic, bay leaves, salt and pepper. Add sausages, pour beer and chicken broth over the top. Cook, covered, 6-8 on low or 4 hours or until vegetables are tender on high. Remove bay leaves before serving.