

SAUSAGE AND BEET STEW



	Ingredients	Exchanges
Protein	44.8 gm pork & beef sausage, raw	3.7 (-13 gm fat)
Fat	23.8 gm red palm oil	9.2 (-13 gm fat)
Carbohydrate	4.3 gm green cabbage, raw	0.3
	8.6 gm beets, raw	1
Other	salt, pepper, onion powder, garlic powder, paprika ----- ¼ cup water	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Slice the green cabbage, beets, and sausage into bite sized pieces.
- In a small pot, heat the red palm oil over a medium flame.
- Once hot, add the sliced sausage.
- Fry the sausage until browned on all sides.
- Add the remainder of ingredients to the pot.
- Season to taste with salt, pepper, onion powder, garlic powder, and paprika.
- Cover with a lid and simmer for 15 minutes.
- Transfer the stew to a serving dish and serve warm.

VARIATIONS

- Other proteins can be used such as chicken, tofu, or pork.
- Other vegetables can be used such as carrots, kale, or celery.
- This recipe is very flexible and can be adjusted as needed.
- Other fats can be used such as butter or any variety of oil.