



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

THE SAUCY FARMER

Time: 40 minutes

Serves: 4

Ingredients:

1 tablespoon butter
2 onions – halved and thinly sliced
1 pound bison farmer sausage – sliced
1 pound coleslaw mix or shredded cabbage
12 ounce can fat-free evaporated milk
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
¼ cup flat-leaf parsley – finely chopped

Preparation:

Place the butter in a saucepan on medium heat and add the onions. Cook, stirring often, until the onions begin to brown.

While the onions are cooking, cook the sausage until brown in another pan on medium heat.

Remove the sausage and set it aside to keep warm. Pour off the fat from the pan and return the pan to the burner.

Sauté the coleslaw mix in the sausage pan for five minutes and remove from heat. Set aside to keep warm.

When the onions are browned, stir in the evaporated milk. When the sauce nears a boil, reduce heat and simmer uncovered, stirring often for ten minutes. Remove from heat and stir in the salt, pepper and parsley.

Plate the cabbage topped with the sausage and sauce.

Nutritional Information Per Serving:

Calories: 333
Fat: 9g
Carbs: 28g
Fibre: 3g
Protein: 35g