



Garden Fresh Farm Recipes

Cabbage and Sausage

The fall garden has produced large fresh heads of cabbage. Cabbage combined with juicy smoked sausage, vegetables, fresh herbs and spices come together for a hearty cool weather dinner.

Ingredients:

2 lb. Johnsonville Hot pork sausage (sliced crosswise into 1 inch pieces)
1 small head green cabbage, cored and chopped into 1-in. pieces (about 11 cups)
1 large yellow onion, sliced
4 large celery stalks, sliced
1 (8-oz.) bag sweet mini peppers, sliced
5 large garlic cloves, thinly sliced
4 cups chicken stock
2 14 1/2-oz. cans fire roasted diced tomatoes, undrained
2 Tbsp. Creole seasoning (see below)
1 Tbsp. chopped fresh thyme
1 large fresh bay leaf
1/4 cup chopped fresh flat-leaf parsley
Hot cooked Ancient Grains rice, to serve



Directions:

Heat a large Dutch oven over medium-high. Add sausage, and cook, stirring occasionally, until browned on all sides, 8 to 10 minutes. Using a slotted spoon, transfer sausage to a medium bowl, and set aside. Do not wipe Dutch oven clean, the seasoned juice and fats from the sausage will flavor the cabbage.

Add cabbage, onion, celery, mini peppers, and garlic to Dutch oven. Cook, stirring occasionally, until cabbage, onion, and celery are slightly softened, about 8 minutes.

Stir in chicken stock, tomatoes, Creole seasoning, thyme, bay leaf, and reserved sausage; bring to a boil over high. Reduce heat to low. Cover, and simmer until cabbage is tender but retains some texture, about 30 minutes.

Sprinkle evenly with chopped parsley. Serve over hot rice.



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Notes: Our favorite sausage is the Johnsonville Hot Sausage. Any cased sausage will work like Polska Kielbasa, Andouille sausage or Italian sausage. There are lower-fat, healthier choices like chicken, turkey and beef sausages.

Creole Seasoning Blend

This Creole seasoning blend is great for adding flavor to rice, meats, soups, stews, or anything that needs a flavor boost.

Ingredients:

- 5 tablespoons paprika
- 3 tablespoons salt
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 1 tablespoon dried thyme
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- 1 tablespoon cayenne pepper

Directions:

Combine all the ingredients in a magic bullet and blend completely. Place in an airtight container and use as needed.