



FALL 2017 MAKE-AHEAD WEEKLY MENU



WEDNESDAY

SAUSAGE & CABBAGE SLOW COOKER DINNER

PREP 10 min COOK 3 hr SERVES 4

- 1 large onion, sliced
- 1 red bell pepper, sliced
- 1/2 savoy cabbage, about 12 oz, cut into 4 wedges
- 1/2 tsp each salt and pepper
- 1 pkg (500 g) Longo's Chorizo or Spicy Italian Sausages
- 1 cup Longo's Chicken Broth
- 2 tbsp Longo's Dijon Mustard

SPREAD onion, pepper and cabbage into slow cooker. Sprinkle with salt and pepper.

NESTLE sausages into vegetables.

WHISK together broth and mustard; pour over vegetables and sausages.

COVER and cook on Low for 6 hours or on High for 3 hours.

SERVE sausages in buns if desired with veggies on the side or serve as is with Longo's bread.

PER SERVING (1 sausage plus vegetables): 260 calories; 28 g protein; 10 g fat; 15 g carbohydrates; 5 g fibre; 7 g sugars; 1190 mg sodium.

NEXT DAY PREP: Thaw Atlantic salmon fillet.