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## CABBAGE, SAUSAGE, AND PEPPERS

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- 7 cups green cabbage (½ medium head), chopped into large 1-inch slices
- 1 ½ cups onion, chopped
- 1 ½ cups green bell pepper, chopped
- 6 ½ ounces smoked turkey link sausage, sliced or 1 cup lean ham, chopped
- 2 tablespoons oil
- 2 tablespoons ketchup
- 4 cups cooked egg noodles
- ½ teaspoon salt and pepper to taste

1. Heat the oil in a large pot over medium-high heat. When hot, add the sausage and cook 4-5 minutes or until edges are browned, stirring frequently. Remove the sausage with a slotted spoon and place on a separate plate.
2. With the oil remaining in the pot, cook the onions and peppers for 4 minutes or until beginning to brown, stirring frequently. Stir in cabbage and 1 ½ cups water. Bring to a boil, reduce heat to medium-low, cover and cook for 8-10 minutes or until cabbage is tender.
3. Stir in the sausage, ketchup, salt and pepper. Increase to high heat, bring to a boil. Cook 2 minutes or until liquid evaporates, stirring frequently. Serve over hot noodles.

Serves 4: 1 ½ cups cabbage mixture and 1 cup of noodles per serving. Recipe Provided by *Nancy Hughes*.

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