

Sausages, Cabbage, and Apple Casserole

PREP TIME:

15 minutes

COOKING TIME:

12 minutes

SERVES:

4-6

pair with a lime soda,
Czech Pilsner or
medium dry Reisling

INGREDIENTS:

1 tbsp oil

1 lb sausages, pork or vegetarian
alternative (Quorn brand)

1 red onion, 1/3" slices

1 small / 1lb white cabbage, cut into
1/3" slices

1 large / 8 oz granny smith apple, 1/3"
slices

Coq au Vin blend

1/4 cup cider vinegar plus 1/4 c water

2 tbsp maple syrup

PREPARE:

heat oil in the Instant Pot on sauté
function, add the oil and allow it to
heat up

add the sausages and red onion,
brown for 4 minutes, stirring once
or twice

turn off sauté and stir in the
cabbage, apple, Coq au Vin blend,
cider vinegar, water, and maple
syrup

secure the Instant Pot lid and pressure
valve to Sealing

press the Manual / Pressure Cooker
button and adjust the cook time to 12
minutes

turn the dial to Venting and use Quick
Pressure Release

serve with seasoned mashed potatoes and
chopped scallions

