

# IRISH BANGER SKILLET

## THE INGREDIENTS

- 1 pound Irish Sausage
- 2 tbsp olive oil
- 1 small onion, chopped
- 3 carrots, peeled and chopped
- 2 red skinned potatoes, thinly sliced and halved
- ½ head green cabbage, thinly sliced
- 1 ½ cups chicken broth
- 1 tsp salt
- 1 tsp cracked pepper

## THE STEPS

1. Preheat oven to 375°F.
2. Place sausage on a baking sheet and heat through for 10-15 minutes. Remove from oven and slice.
3. In your Stargazer Cast Iron skillet over medium heat, add oil then onions and carrots. Cook for 5 minutes or until onion is translucent.
4. Add potatoes and cabbage. Pour in broth and cover. Simmer on low for 10-15 minutes until potatoes and carrots begin to soften.
5. Add sausage to skillet then cover once more for another 5 minutes.
6. Season with salt and pepper and serve warm.



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