

## **Kielbasa Cabbage & Onion in the Slow Cooker (Low Carb)**

### **Ingredients:**

Serves: 6

cooking spray

1 small head of cabbage, cored and cut into wedges (about 2 1/2 lbs)

1 medium onion, halved and thinly sliced

½ teaspoon kosher salt

½ teaspoon black pepper

1 cup chicken broth

1 tablespoon brown mustard

1 lb kielbasa, cut into 3-inch pieces

### **Directions:**

Coat the slow cooker crock with cooking spray. Add all the ingredients except the kielbasa to the crock, tossing so that the cabbage is well-coated with the broth and seasonings. Top mixture with kielbasa.

Cover and cook on LOW for 7 hours; give mixture a good stir, then cook 1 hour more.