

Polish Sausage and Cabbage Soup Crock Pot

Ingredients

2 cups potatoes, cubed and peeled
4 cups cabbage, shredded it fine
1 carrot, shredded it fine
1 large onion, chopped
2 teaspoons caraway seeds, crushed (optional)
1-1/4 lb Polish sausage, cooked, halved lengthwise and cut into 1/2 inch slices
4 cups fat free chicken broth or you can just use water
black pepper and salt to taste

Directions

Place potatoes, cabbage, carrot, onion, caraway seeds, sausage, pepper and salt in crock pot. Pour broth over all. Cover, cook on low for 10 – 12 hours or high for 5 – 6 hours.