



## Polish Stew-“Bigos”

### Ingredients:

- 1 can (19 ounce) Super Links or Big Franks
- 1 onion, diced
- 2 carrots, sliced
- 4 cloves garlic, minced
- 1 potato, diced
- 2 cups chopped cabbage
- 2 cups sauerkraut, including juice
- 1/3 cup dried prunes, finely diced
- 3-4 cups vegetable broth
- 2 tablespoons vegan Worcestershire sauce
- 1 teaspoon dried marjoram
- 2 tablespoons sweet paprika
- ½ cup pomegranate or grape juice (can substitute vegetable broth)
- ¼ cup tomato paste
- Salt to taste
- 2 tablespoons vegetable oil

Directions: Heat oil in a large skillet and sauté the onions and carrots for about 5 minutes. Add the garlic and cook another minute. Stir in the pomegranate juice and let simmer until it reduces to about half. In a large soup pan add the broth, potato, cabbage, and seasonings. Bring to a boil on high heat and stir in the onion and carrot mixture. Lower the heat and simmer for about 20 minutes. Stir in the sauerkraut, prunes, and tomato paste. Simmer another 15 minutes until the potatoes and cabbage are very soft. Add salt to taste. Slice the Super Links diagonally and grill them lightly in a non-stick frying pan. Ladle stew in bowls and top with Super Links. (Other variation: slice Super Links in disks and incorporate directly into the stew simmering until heated through)