

Kielbasa with Sweet and Sour Barbecue Sauce

Joan Marck

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup ketchup
2 heaping tablespoons
brown sugar
1/2 teaspoon lemon juice
1/4 teaspoon dry mustard
1 pound kielbasa*

In a bowl, combine the ketchup, brown sugar, lemon juice and dry mustard.

Cook the kielbasa. Baste with the sauce and bake in the oven for 15 minutes at 350 degrees.

Slice the kielbasa into serving pieces.

Place in a casserole dish and cover with sauce.

Heat in the oven until warm.

Per Serving (excluding unknown items): 2625 Calories; 124g Fat (41.8% calories from fat); 62g Protein; 325g Carbohydrate; 2g Dietary Fiber; 304mg Cholesterol; 6421mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Fruit; 17 Fat; 20 1/2 Other Carbohydrates.