

# Slow Cooker Kielbasa and Beer

JBBach  
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*2 pounds kielbasa sausage, cut into  
one-inch pieces*

*1 can (12 ounces) beer*

*1 can (20 ounces) sauerkraut,  
drained*

**Preparation Time: 10 minutes**

**Slow Cooker Time: 6 hours**

In a slow cooker, combine the sausage, beer  
and sauerkraut.

Cook on LOW for five to six hours until the meat  
is tender and plump.

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Per Serving (excluding unknown  
items): 191 Calories; trace Fat  
(2.7% calories from fat); 3g Protein;  
23g Carbohydrate; 7g Dietary  
Fiber; 0mg Cholesterol; 1578mg  
Sodium. Exchanges: 2 Vegetable.