

# Kielbasa with Veggies

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup beef broth
- 1 tablespoon canola oil
- 1 tablespoon cornstarch
- 1 tablespoon onion soup mix
- 1 pound kielbasa cut into 1/4-inch slices johnsonville®
- 16 ounces savory vegetable frozen for beef stew
- 1 tablespoon water cold

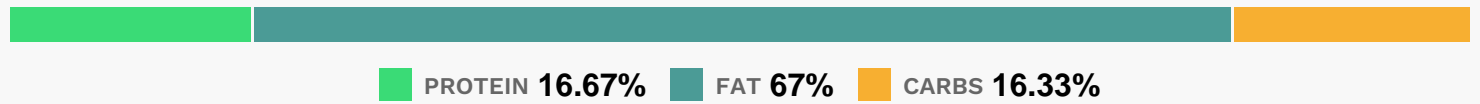
## Equipment

- frying pan
- slotted spoon

## Directions

- In a large skillet, brown sausage in oil over medium-high heat.
- Remove with a slotted spoon and keep warm.
- Add the vegetables, broth and soup mix to skillet. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender.
- Return sausage to the pan.
- Combine cornstarch and water until smooth; stir into sausage mixture. Bring to a boil; cook and stir for 1 minute or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:18.900434597679%

## Nutrients (% of daily need)

Calories: 490.51kcal (24.53%), Fat: 36.8g (56.61%), Saturated Fat: 12.15g (75.94%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 15.5g (5.64%), Sugar: 0.09g (0.1%), Cholesterol: 79.38mg (26.46%), Sodium: 1420.81mg (61.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.19%), Vitamin A: 5758.64IU (115.17%), Vitamin B1: 0.71mg (47.6%), Selenium: 21.09µg (30.14%), Vitamin B3: 5.82mg (29.1%), Phosphorus: 233.14mg (23.31%), Vitamin B12: 1.15µg (19.22%), Fiber: 4.68g (18.71%), Zinc: 2.72mg (18.14%), Manganese: 0.35mg (17.59%), Vitamin B6: 0.34mg (17.06%), Vitamin B2: 0.28mg (16.59%), Potassium: 555.14mg (15.86%), Iron: 2.85mg (15.81%), Vitamin C: 12.99mg (15.75%), Magnesium: 45.51mg (11.38%), Copper: 0.22mg (10.79%), Folate: 36.35µg (9.09%), Vitamin B5: 0.72mg (7.23%), Calcium: 48.39mg (4.84%), Vitamin E: 0.61mg (4.1%), Vitamin K: 2.52µg (2.4%)