Uncle Joey's Sweet & Sour Kielbasa

HEARTY

YIELD	ACTIVE	TOTAL	PER SERVING
4 servings over rice	10 min	≈4 h	551 kcal · 1,312 mg Na · 13 g protein

EQUIPMENT
Slow cooker · Skillet (optional)

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Kielbasa, Hillshire Farm Polska	397 g	1 ring (14 oz)	Cut the kielbasa into ½ in coins, on a slight angle so they sit flat.
2				Optional, but worth the extra pan: brown the coins in a dry skillet over medium-high, in batches, until the cut faces take real color, 5–6 min. Pour off the fat.
3	Ketchup, Heinz	136 g	½ cup	Put the kielbasa coins in the slow cooker. Add the ketchup, the pineapple with all its juice, the brown sugar, mustard and Worcestershire. Stir once to coat.
	Crushed pineapple*, with juice*	567 g	1 can (20 oz)	
	Brown sugar, packed	110 g	½ cup	
	Yellow mustard	15 g	1 tbsp	
	Worcestershire		a dash	
4				Cover and cook on Low for 3–4 h, or on High for 2 h. Stir at the halfway mark if you happen to walk past.
5				Take the lid off for the last 30 min so the sauce thickens and turns glossy. It’s ready when a spoon pulled through leaves a track that holds for a second. Hold on Warm until serving.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Kielbasa, Hillshire Farm Polska	397 g	1,276	3,686	50
Ketchup, Heinz	136 g	160	1,360	—
Crushed pineapple	567 g	340	6	2
Brown sugar, packed	110 g	418	31	0
Yellow mustard	15 g	9	166	1
Total		**2,203**	**5,249**	**53**
Per serving (1/4)		**551**	**1,312**	**13**

Nutrition: USDA FoodData Central: SR Legacy (juice-pack pineapple, brown sugar, yellow mustard) and Branded Foods labels (Hillshire Farm Polska Kielbasa 14 oz, 2 oz = 180 kcal, 520 mg, 7 g; Heinz). A dash of Worcestershire and the rice aren’t counted.

NOTES

- **Party batch,** 20 servings on toothpicks: 3 lb kielbasa, 1 cup ketchup, 2 cans pineapple, 1 cup brown sugar, 2 tbsp mustard, 2 dashes Worcestershire. Same steps. Leave it in the slow cooker on Warm with toothpicks and small plates.
- Serve over white rice or buttered egg noodles. Don’t drain the can; the juice is the sour half of the sauce. Too sweet? Add a splash of cider vinegar (not on the original card).
- Better on day two. Keeps 4 days in the fridge. Freezes fine, though the pineapple softens.

Source: Uncle Joey (family index card; printout, Paperless #665)
georgemain.com/recipes/hearty/uncle-joeys-sweet-sour-kielbasa

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