Slow Cooker Beef Sausage and Cabbage



Smoky beef sausage, tender cabbage & onion in a light, savory broth

4 main servings* • Prep 15 min* • 5–6 qt slow cooker Low 4–6 hr* / High 2–3 hr* *

INGREDIENTS

The slow cooker

• 1 lb fully cooked smoked beef sausage, sliced 1/2 inch thick (not raw sausage)

• 1 medium head green cabbage (about 2–2.5 lb before trimming), cored and cut into 2-inch pieces

• 1 medium yellow onion, chopped

• 1/2 cup low-sodium beef broth

• 1/2 tsp black pepper

Optional seasonings & finish

• 1/2 tsp garlic powder

• 1/4 tsp smoked paprika

• 1 tbsp chopped parsley, for serving

• Salt, to taste, after cooking

METHOD

1 Prep

Slice the fully cooked sausage 1/2 inch thick. Rinse and core the cabbage; cut into 2-inch pieces. Chop the onion. Keep ingredients chilled until ready to cook.

2 Layer & season

In a 5–6 qt slow cooker, layer onion, cabbage and sausage. Add broth, pepper and optional garlic powder and paprika. Follow the appliance fill limit; do not pack to the brim. No browning needed.

3 Cover & cook

Cook on Low about 4–6 hr or High about 2–3 hr, until cabbage is tender and sausage is thoroughly hot. Check at 4 hr on Low or 2 hr on High; timing varies. Follow package heating instructions.

4 Finish

Gently stir. Taste before adding salt. Serve hot with a little cooking broth and the optional parsley.

Cook smart. Store safely. Use sausage labeled fully cooked; raw sausage is not a direct substitute. Refrigerate in shallow containers within 2 hours (1 hour above 90°F); hold at 40°F or below and use within 3–4 days. Reheat on the stove or in the microwave to 165°F, measured with a food thermometer—not in a slow cooker. Check sausage and broth labels for allergens.

Inspired by Simply Cabbage Meals' "Slow Cooker Beef Sausage and Cabbage" public caption.

Original Facebook reel • USDA leftovers guidance • USDA slow-cooker safety

RECIPE NOTE

Not kitchen-tested; quantities, yield and times are estimates. AI-generated serving illustration.

Sources: [1] facebook.com · [2] fsis.usda.gov · [3] fsis.usda.gov