

# Bill's Brauts with Cabbage & Noodles



## Ingredients

- 1 head cabbage end cut off, cubed
- 2 tbsp olive oil
- 2 c tagliatelle (approx. 3 nests)
- 4 Beyond Sausage (Brauts)
- 1 small onion diced
- 1/2 c veggie Broth
- 1 cup beer
- 3 tbsp soy sauce/tamari
- 1/2 tsp garlic salt
- 1/4 tsp chili powder
- 1/4 tsp cumin
- Salt and pepper to taste

## Method

1. Set pot to sauté and add olive oil and onion. Cook until onion is transparent. Then turn pot off.
2. Pour your 2 measuring cups full of wide egg(less) noodles in now. Chop your cabbage into 1"x1" squares and put on top of your noodles.
3. Pour 1/2 c of broth and 1/2 cup of beer on cabbage pieces. Sprinkle your soy sauce and spices on top of your cabbage. DO NOT STIR contents.
4. Close your pressure cooker lid, and close steam valve.
5. Press manual or pressure button (depending on your model), high pressure, for 6 minutes.
6. Sauté the Brauts on the stove top either sliced or whole brauts according to instructions. I used Tofurkey for filming but my preference is Beyond Sausage brauts
7. Do a quick release immediately once timer ends. Lift lid, stir, turn pot off and serve!
8. Stove top is always an option. The cabbage takes about 20 minutes to cook down, about the same time to bring the water to a boil and cook the noodles. The Brauts can be sauteed in a fry pan separately.