



SAUSAGE AND SAUERKRAUT

By Dr. Cindy Tanzar
(Standard/Maintenance)

One-pot meals are perfect for making several servings with minimal effort and little clean-up, and sausage and sauerkraut fall nicely into that category. You can create variety with this hearty recipe by changing the type of sausage used and by adding Swerve Brown for a sweeter version, or by enjoying the natural tartness of the sauerkraut alone.

This recipe makes 3 servings and covers your protein, vegetable and ½ fruit for one meal.



INGREDIENTS

- 2 Tbsp avocado oil
- 1 pkg AlFresca Italian Chicken Sausage*(see notes), sliced or whole
- 1 25-oz jar Bubbies sauerkraut, drained (healthy refrigerated section)
- 1 large onion, diced
- 1 large Granny Smith apple, diced
- 1/8-1/4 cup Swerve Brown (can use granular Swerve)
- Fresh ground pepper, to taste



INSTRUCTIONS

In a large pan, heat avocado oil over medium heat. Add diced onion and sauté under translucent. Add sausage to the pan and brown well over medium-low heat on all sides.

Add drained sauerkraut, diced apple, Swerve brown and pepper and stir well. Cover and simmer on low about 15-20 minutes, making sure to mix in all the flavor in the skillet from browning.

Check periodically to stir and check for moisture to prevent burning. Add a 1/4 cup of water at a time, as necessary.

NOTES

*You can use different sausages in this recipe. Just make sure it is a product without preservatives, sugars, nitrites, nitrates, etc. Sam's Club had smoked beef sausages, if you want the smoked flavor. Aldi often has grass-fed beef or chicken sausages, as well. If you aren't sure, send us a copy of your product, and we will let you know if it's okay.