



Sausage and Sauerkraut

Ingredients

- 2-3T butter or olive oil
- 2T brown sugar
- 2 sliced vidalia onions
- 2.5C sauerkraut
- 6 chicken apple gouda sausages
- Himalayan salt/pepper

Preparation

1. On medium high heat, melt the butter and stir in brown sugar.
2. Add onions and saute until clear. Add sauerkraut, salt and pepper.
3. Grill sausages. When browned and cooked, slice and add into onion mixture. Combine until thoroughly mixed.

Tips

Amounts of butter, sugar and onion are variable according to taste. I prefer lots of onions and add butter as needed. Also, amounts of sauerkraut can easily be adjusted to taste. The benefit of fermentation is a wonderful addition to any diet for improving gut health.

Butter adds flavor and good fats, but olive oil alone is a great option. If preferred, use my Super Butter for a little of both:

Super Butter

1lb butter, grass fed or ghee
2C olive oil

Blend in a blender until very smooth. Pour into a glass container and refrigerate.