

# Sauerkraut

Quilt and Café

July 8, 2022

## Ingredients

1 jar (or bag) of sauerkraut (with or without caraway), drained

1 1/2 Tbsp. cooking oil

1 lb pork (country ribs, fresh polish sausage, pork chops, ribs, pork shoulder)

1/3 cup old fashioned oats

1/4 cup applesauce

1/2 cup water

1 large carrot, sliced

Brown sugar (optional)

salt and pepper

## Method

In a saute pan with a lid, swirl the oil to cover the bottom of the pan. Salt and pepper the meat. Brown the meat in the pan, turning to sear all sides. Remove the meat from the pan, saute the carrots until they start to soften. Add in the drained kraut, oats, apple sauce and water. Stir to combine. Nestle the meat into the kraut. Cover and let simmer for 45 minutes to an hour, turning the meat after 30 minutes. Cook until the meat is tender. Taste for seasoning. Adjust by adding salt, pepper and brown sugar if needed. Enjoy!