

Brats and Kraut



PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Chicken Ingredients:

- 12 oz. Organic Pre-Cooked Chicken Bratwurst (I used Whole Foods brand)
- 1 TBSP Extra Virgin Olive Oil
- 1 Medium Red Onion (red has more flavor)- Sliced Thin
- 2 Cups Organic Sauerkraut (preferably with Caraway seeds)
- 4 oz. Organic Veggie Broth

Instructions:

1. Add olive oil in pan and put on medium heat.
2. Add Onion and cook down for 2 minutes.
3. Slice bratwurst in half and then in half again – each link will give you 4 pieces.
4. Once onion is soft and cooked down, add bratwurst to pan.
5. Let bratwurst slightly become golden on each side.
6. Next add broth and sauerkraut.
7. Let warm through for 5-8 minutes.

Serving Suggestions: Roasted Broccoli and $\frac{1}{2}$ of a medium size sweet potato.

***Try and use all organic ingredients if possible.**