

Sauerkraut With Smoked Chops

By: Stock the Crock, Phyllis Good

Ingredients:

- 2 lbs. sauerkraut in its juice
- 2 onions, chopped
- 2 apples, peeled and quartered
- 2 large carrots, peeled and cut into 1-inch chunks
- 2 tbsp. juniper berries (optional)
- 4-6 bone-in smoked pork chops (each about 3/4 inch thick)

Make it for 2:

- Use a 4 quart crockpot
- Half the ingredients
- Follow the directions on the recipe

Instructions:

1. Grease the interior of the crockpot with butter, nonstick cooking spray or olive oil.
2. Place the sauerkraut and its juice in a large bowl.
3. Stir in the onions, apples, carrots and berries into the sauerkraut, mixing everything together well but gently.
4. Spoon half of the sauerkraut mixture into the prepared crockpot.
5. Top with pork chops, Then cover with the remaining sauerkraut mixture.
6. Cover. Cook on LOW for 2-4 hours, or until the chops are heated through and the onions, apples and carrots are as tender as you like them.
7. Serve hot, Or, refrigerate and heat to serve the following day. (This recipe's flavors deepen and blend with some standing time.)

Serves 4-6

5 quart Crockpot

For Serving:

Add grainy mustard, horseradish and dill or sweet pickles on the side.

NOTES:

If you can't find smoked pork chops, use regular unsmoked chops.

Go for bone-in and blade-cut for the best flavor and juiciness, cut about 3/4 inches thick.

To sweeten, sprinkle 2-3 tbsp. brown sugar over each layer of the sauerkraut, as you stack the ingredients into the crockpot. The sugar cuts the acidic sourness of the sauerkraut, without muting its bold flavor.

Vegan, Paleo, Picky Eaters and Simple Swaps suggestions provided in the cookbook.

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