

Recipe of the Week

One-Pot Oktoberfest

True comfort food, this recipe is satisfying any time with simple, full flavor and a little creaminess. True budget recipe, it uses highly flavorful meat in smaller portions. In this case, it's authentic German sausage from our long-time partner, Hans, like us, is committed to the highest quality and never insults his recipes with artificial ingredients or preservatives. In this recipe, substitute dry white wine for half of the chicken broth, if you like, and to make it even more filling or stretch it for more people, serve over mashed potatoes or egg noodles.

Serves 6

Ingredients

1 tablespoon butter
1 (12-ounce) package Bratwurst, cut into 2-inch chunks
1 1/4 cups low-sodium chicken broth, divided
2 teaspoons dried dill, divided
1/4 teaspoon freshly ground black pepper
1 yellow onion, chopped
1 pound fresh button mushrooms, quartered
3 tablespoons light sour cream
3 tablespoons German mustard
1 (32-ounce) jar sauerkraut, rinsed and drained



Method

Melt butter in a large pot over medium-high heat. Add sausage and cook until browned, about 5 minutes. Add 1/4 cup broth, 1 teaspoon dill, pepper and onion and cook until onions are softened and golden, 6 to 8 minutes. Reduce heat to medium, add mushrooms and cook until they've released their juices, about 5 minutes more. In a small bowl, whisk together remaining 1 cup broth, sour cream and mustard. Add to pot, along with sauerkraut; bring to a boil. Reduce heat to medium and simmer until fragrant and thickened, about 10 minutes more. Sprinkle with remaining dill and serve.

Nutrition

Per serving (about 13oz/367g-wt.): 240calories (150 from fat), 17g total fat, 7g saturated fat, 45mg cholesterol, sodium is difficult to determine due to rinsing of sauerkraut, 11g total carbohydrate (6g dietary fiber, 8g sugar), 10g protein

<http://www.wholefoodsmarket.com/recipes/2777>



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