

Apple Cranberry Sauce with Sauerkraut

Equipment Needed:

Saucepan
Cutting board and knife
Measuring cup and measuring spoons
Spatula or spoon for stirring
Bowl

To Make The Recipe

1 cup red onion, chopped
2 Granny Smith apple
1 tbspc butter or olive oil or coconut oil
2 cups fresh or frozen cranberries
1/2 cup maple syrup or sucanat*
1 cup vegetable or chicken broth
2 tsp dried thyme (sage can also be used)
2 tsp apple cider vinegar
Sea salt and pepper to taste
1 cup sauerkraut

Melt the butter in saucepan and add the onions. Cook over medium heat. Cut the apple into quarters and remove the core. Do not peel. Cut the apple into one inch pieces. Add the onions. When the onions are slightly translucent, add the cranberries, broth, maple syrup or sugar and thyme. Cook until the cranberries are soft and mixture thickens (about 5 minutes. Remove from the heat and add the vinegar. Transfer to a bowl. Add the sauerkraut and season with sea salt and pepper. Serve. The sauce can also be stored in the refrigerator for three days to in the freezer.

*Coconut sweetener or yellow brown sugar can be used as well. All of these sweeteners are the key to thickening the mixture.