



Natural Life  
Choices,™ Inc.

# SAUERKRAUT WITH SAUSAGE



## INGREDIENTS:

- » 1lb sauerkraut
- » 2 cloves of garlic
- » 2-3 tablespoon of olive oil
- » 5 bay leaves
- » 5-7 seeds of whole allspices
- » 4 good pork organic sausages



## PREPARATION:

In a frying pan, warm up olive oil and add peeled garlic. Fry until garlic is golden color. Then remove garlic from frying pan and add sauerkraut, bay leaves and whole allspices. Mix and fry for 10-15 minutes. If needed add a little water. Cut sausage on the top and roast for 30-40 minutes in oven. Serve together.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*