

BRATS WITH SAUERKRAUT, ONIONS, + PEPPER

Ingredients

10 brats, browned in 1 Tbsp olive oil	1 cup apple juice
1 large can sauerkraut, rinsed and drained well	2 Tbsp brown sugar
2 large onions, sliced	1 Tbsp whole grain mustard (see next recipe)
2 bell peppers, sliced	1 tsp caraway seeds
2 cloves garlic, minced	Salt and pepper to taste

Directions

1. Brown brats in skillet using 1 tablespoon olive oil.
2. In the same skillet, cook onions and peppers until soft. Add garlic and cook 30 seconds, until fragrant.
3. Mix with braising liquid: Whisk together apple juice, brown sugar, mustard, and caraway seeds.
4. In a crockpot, place brats; top with onions and peppers; top with sauerkraut.
5. Pour braising liquid over top of ingredients.
6. Cook on high 5 to 6 hours or low 3 to 4 hours, until brats are cooked.