



Beer Brats & Kraut with Spicy Mustard

Prep: 15 minutes

Cook: 22 minutes • Serves: 6

Sauerkraut

- 3 tablespoons Essential Everyday® unsalted butter
- ½ medium white onion, thinly sliced (about ¾ cup)
- 1 bag (1 pound) sauerkraut, drained
- 1 tablespoon Essential Everyday® granulated sugar
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

Beer Brats

- 1 tablespoon Essential Everyday® olive oil
- 6 uncooked Johnsonville® bratwurst sausages, pricked several times with sharp knife
- 2 medium bell peppers, each sliced ½-inch-thick (about 3 cups)
- 1 medium yellow onion, sliced (about 1½ cups)
- ¼ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 bottles (12 ounces each) lager beer
- 6 County Market® Grainseed brat buns

1. Prepare Sauerkraut: In large skillet, melt butter over medium heat; add onion and cook 8 to 10 minutes or until onion is golden brown. Stir in sauerkraut, sugar, salt and pepper, and cook 2 minutes, stirring frequently.

2. Meanwhile, prepare Beer Brats: Heat oil in large saucepot over medium-high heat. Add bratwurst and cook 3 to 4 minutes or until browned, turning frequently; remove bratwurst. Add peppers and onion to same saucepot and cook 5 minutes or until tender, stirring frequently; stir in salt and pepper.

3. Add beer and bratwurst to saucepot. Heat to simmering over medium-high heat; reduce heat to medium and simmer 9 to 10 minutes or until internal temperature of bratwurst reaches 160°.

4. Strain bratwurst and vegetables; discard beer. Serve bratwurst and vegetables in buns topped with sauerkraut and your favorite spicy mustard.

Approximate nutritional values per serving:

594 Calories, 33g Fat (12g Saturated), 67mg Cholesterol, 1516mg Sodium, 51g Carbohydrates, 5g Fiber, 21g Protein