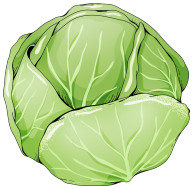


# Sauerkraut

Servings: 10

## Visual Ingredients and Method of Preparation

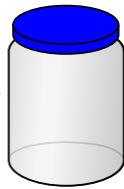
Add to a mixing bowl



1 head  
cabbage,  
shredded,  
leave 1 leaf out

Pinch  
of salt

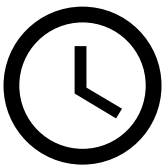
Massage with hands  
10-15 minutes, or  
until water is  
released to cover  
cabbage



1 tsp  
caraway  
seeds  
(optional)

Place  
cabbage,  
water, and  
caraway seeds  
in mason jar

Put leaf of  
cabbage over  
sauerkraut in  
the jar



*enjoy!*

Let ferment for 1-  
2 weeks

# Recipe

## Sauerkraut

Servings: 10

Estimated Cost: \$4.00-\$7.00

Grocery List: Cabbage, salt, caraway seeds

Equipment Needed: 1 gallon sized mason jar (or other storage container), knife, cutting board, refrigerator, mixing bowl

### Ingredients

- 1 head cabbage, shredded (leave one leaf whole to place over sauerkraut when fermenting)
- 1 tsp caraway seeds (optional)
- Pinch of salt

### Method of Preparation

1. Add the shredded cabbage and a pinch of salt to a mixing bowl. With washed hands, gently massage the cabbage, about 1-15 minutes, until enough water has been released to fully cover the cabbage.
2. Next, mix in the caraway seeds.
3. Place the cabbage and water in a mason jar. Place the whole leaf of cabbage over the sauerkraut, making sure everything is submerged under the water.
4. Place the mason jar in a cool, dry, and dark place for 1-2 weeks.

\*Can keep in the refrigerator for up to 2 months.

### Nutrition Facts

Serving size: 2 tbsp

Servings: 10

Amount per serving

**Calories** **18**

% Daily Value\*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 4.1g 2%

Dietary Fiber 1.8g 6%

Total Sugars 2.3g

Protein 0.9g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 0mg 2%

Potassium 121mg 3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.