



UCCE Master Food Preservers of El Dorado County

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We all made sauerkraut around St. Patrick's Day when cabbage was on sale, right? Right???

I don't know about you, but I have sauerkraut around for the occasional hotdog , sausage or Rubeen sandwich. That's about it in our house. I recently found another way to use it.

At our recent hand-on workshop, "Of Course You Can! Boiling Water & Atmospheric Steam Canning Workshop", one of our volunteers brought in a sauerkraut soup for the lunch buffet that was provided as part of the day's event. This soup was deeeee-lish so I begged for the recipe and I am now sharing it with you.

Sauerkraut Soup

- 3 pounds cooked northern (navy) beans
- 2 pounds Italian sausage, removed from casing and crumbled (homemade is best)
- 2 to 3 large onions or leeks, diced
- Thinly sliced celery (optional)
- 1 qt homemade sauerkraut
- 3 cups chicken broth
- 1 Tbsp. Herbs de Provence.
- Salt, pepper and paprika to taste



Brown Italian sausage, until well browned. Add onions and celery, if using. and cook until transparent. Add all other ingredients. Heat thoroughly.

Use a butter/flour roux to thicken if you want a thicker soup.

This recipe makes a LOT of soup. A whole large crockpot full. Feel free to cut it in half.

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