



Bavarian Bratwurst Sandwich

An ultra healthy spin on a German bratwurst, sauerkraut and mustard sandwich

When I was initially thinking of simple, well known sausage sandwiches, the first one that came to mind was a German Bratwurst sandwich with sauerkraut and mustard. I wanted to jazz it up a little bit, so instead of simply putting a mound of 'kraut onto the bun, straight out of a jar, I thought I'd add some flavor to it by braising it with onions, beef broth and spices.

Servings Info.:

Yields: 6 sandwiches

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Serving Size: 1 sandwich



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- last checked 03/29/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Bratwurst meat mix (pg 14), formed into (6) 3oz sausage links (*see pg. 44 for guide*)

Sauerkraut Ingredients:

- (1) 30oz jar of sauerkraut, drained and squeezed to remove most of the liquid
- 1-1/2 cups diced onion
- 1 cup fat free beef broth
- 2 Tbsp 0 calorie brown sugar replacement
- 1 Tbsp white vinegar
- 1/2 tsp caraway seeds
- 1/2 tsp salt
- 1/4 tsp coarse ground black pepper

Additional Ingredients:

- Low carb (Keto) Hot dog buns o' choice
- Stone ground mustard

Directions:

- 1 Prepare the bratwurst mix into 3oz links, then cook as shown on pages 44-45. Set aside.
- 2 Heat a large pan over medium heat, till water sizzles in it. Spray with cooking spray, then add the onions. Cook for 4-5 minutes, or till just starting to caramelize. Then, mix in the drained sauerkraut. Stir to combine.
- 3 Add the beef broth, brown sugar substitute, vinegar, caraway seeds, salt and pepper. Stir to combine. Bring to a simmer.
- 4 Simmer, uncovered for 15-20 minutes, or until almost all liquid has evaporated. Turn off the heat and add the cooked sausages to heat them back up a bit.
- 5 **To Serve:** Place a mound of the onion & 'kraut mixture into each bun. Place a sausage over the kraut, then add some mustard to each of the sandwiches. Done

Notes:

- **BEER:** The traditional recipe calls for using beer instead of broth. I used broth for the points. Considering my filling is 0 points, you can cut it with a 50/50 mix of beef broth and beer if you want. The flavor will be more traditional and it'll still be low point. But... some people don't like beer, so... it's optional.
- **SAUERKRAUT:** If you want to make this 10x easier... skip the whole braising 'kraut thing. Simply drain the jarred sauerkraut and use it as-is.