

Pork and Sauerkraut



Serving: 6 Prep Time: 15 minutes



Preparing Time: min



Total Duration: 3 hours min

Ingredients

- ♦ 3 lb pork roast
- ♦ 2 cups sauerkraut
- ♦ 1 apple
- ♦ sliced
- ♦ 1 onion
- ♦ sliced

Directions

- ♦ Place pork in a dish.
- ♦ Add kraut, apple, and onion.
- ♦ Roast until tender.
- ♦ Equipment: Oven dish
- ♦ Nutrition: Protein 38g, Carbs 10g, Fat 22g

Notes

Slow-roasted pork cooked with kraut. Many families believe this brings good luck for the year.

