

Everything
HERBAL

By Cheryl Jabz

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German Bratwurst with Sauerkraut

A TASTE OF GERMANY

Juicy, flavorful bratwurst seasoned with classic herbs and spices, grilled to perfection and served with tangy sauerkraut. A timeless German favorite made with simple ingredients and the goodness of herbs.

INGREDIENTS

- 4 bratwurst (traditional German style)
- 1 tbsp olive oil
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1/2 tsp dried marjoram
- 1/2 tsp dried thyme
- 1/4 tsp caraway seeds, crushed
- Salt & pepper to taste
- 2 cups sauerkraut
- 1 tbsp butter

INSTRUCTIONS

- 1 Heat olive oil in a skillet over medium heat. Add onions and garlic, sauté until soft and fragrant.
- 2 Add sauerkraut, butter, caraway seeds, marjoram, thyme, salt and pepper. Stir well and simmer on low heat.
- 3 Cook bratwurst in a separate grill or skillet over medium heat until browned and cooked through.
- 4 Serve bratwurst hot with a generous portion of warm sauerkraut on the side.
- 5 Garnish with fresh parsley and enjoy!

Genesis 9:3 (KJV)

“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.”

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HERBAL HIGHLIGHTS

MARJORAM

Sweet and aromatic, enhances flavor and aids digestion.

THYME

Earthy and warm, supports immunity and overall wellness.

GARLIC

Bold and savory, supports heart health and circulation.

CARAWAY SEED

Classic in German cooking, aids digestion and reduces bloating.

PARSLEY

Fresh and vibrant, rich in antioxidants and nutrients.



NATURAL
INGREDIENTS



FAITH
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MADE FOR
EVERY KITCHEN



MADE
WITH LOVE

Simple Ingredients.
Wholesome Living.
Herbal Goodness.



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