***Braised Pork Roast and Sauerkraut***

Serves: 3-4

Ingredients

2-3 lb. Pork Loin Roast

1 bag Sauerkraut

1 medium Yellow Onion, thinly sliced

1 clove Garlic, finely minced

1 cup baby carrots, thinly sliced

1/3 cup Brown Sugar

2 Tsp. Seasoning Salt

2 Tsp. Paprika

1 Small Pinch Thyme leaves

2 bay leaves

1-2 quarts Beef, Chicken, or Ham Stock

Water

½ - ¾ cup White Wine

3-4 Tbsp. Olive Oil, Clarified Butter, or rendered Bacon Fat

Salt

Pepper

1. Drain sauerkraut in a colander and rinse until as much of the briny taste is gone as you prefer.
2. Dry the pork roast with a paper towel. If it is wet or damp, it will not brown. Season all sides with a little salt and pepper.
3. Preheat oven to 350 degrees. Heat 2 Tbsp. of the oil, butter, or bacon fat in a Dutch oven or oven proof casserole.
4. Brown the roast on each side for about 2-3 minutes. Remove to a side plate.
5. Add a little more fat to the pan. Sauté the onions for about 5-8 minutes until slightly tender and lightly browned. Add the garlic and carrots and sauté for another 30 seconds. Season with a little salt and pepper.
6. Deglaze the pan with the white wine. Scrape up any browned bits on the bottom.
7. Off heat, add the sauerkraut and pork roast.
8. Add your stock and enough water to cover the pork and sauerkraut by about an inch.
9. Add your brown sugar, seasoning salt, paprika, thyme (Not too much), bay leaves, and about ¼ Tsp. of Black Pepper.
10. Bring to the simmer, cover and place into preheated oven.
11. Bake for about 2- 2 ½ hours until the roast is cooked through and tender. Check for seasoning!
12. Serve hot with mashed potatoes.