

Easy Baked Sauerkraut Balls

Servings: 12

Serving Size: 1 ball

Total Time: 30 minutes

Adapted from: *A Mind Full Mom Blog*

Ingredients:

For the Sauerkraut Balls

1/2 pound ground meat pork, turkey or chicken

1/2 tsp ground pepper

1/4 tsp ground nutmeg

For the Mustard Beer Sauce

1 cup dark beer

For Horseradish Cream Sauce

1/2 cup sour cream

For Maple Horseradish Sauce

1/4 cup maple syrup

1/2 tsp rubbed sage

1/2 tsp salt

1 16 ounce can sauerkraut, well drained

1/2 cup Dijon Mustard

2 Tbsp. Dijon mustard

1/4 cup Dijon mustard

1/4 tsp thyme

1/4 tsp red pepper flakes

1 egg beaten

1 tsp horseradish

1 tsp horseradish

1 tsp horseradish



Directions:

1. To Make the Baked Sauerkraut Balls:

- Mix meat and seasonings together (all ingredients except for sauerkraut and egg). Cover and refrigerate overnight for maximum flavor, but not necessary.
- Preheat oven to 400 degrees. Lightly grease a rimmed baking sheet.
- Mix sauerkraut and egg into meat mixture. Shape into 1 inch balls. Bake for 20 minutes, or until browned.

1. To Make the Mustard Beer Sauce, reduce beer over low heat until reduced to 1/2 cup. Stir in Dijon mustard and horseradish.

2. To Make the Horseradish Cream Sauce, mix all ingredients together.

3. To Make the Maple Horseradish Sauce, mix all ingredients together.

Nutrition Information per Serving: 60 calories, 4g total fat, 2g saturated fat, 4g protein, 1g carbohydrate, 1g fiber, 270mg sodium