



Polish Sauerkraut & Sausage Soup

with Potatoes, Caraway & Dill



40-50min



2 Servings

This dish is our take on kapuśniak, a traditional Polish cabbage soup. Slivers of bratwurst cook alongside carrots and onions, then combine with highly aromatic and flavorful paprika and caraway seeds. Sauerkraut and hunks of potatoes bring a tangy heartiness to this comforting meal. A final sprinkle of dill cues dinner is ready!

What we send

- 1 yellow onion
- 3 oz carrots
- 1 potato
- 12 oz pkg bratwurst
- ¼ oz paprika
- ¼ oz caraway seeds
- ½ lb sauerkraut
- 2 pkts chicken broth concentrate
- ¼ oz fresh dill
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- unsalted butter¹
- sugar

Tools

- medium pot

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 63g, Carbs 51g, Protein 28g



1. Prep ingredients

Finely chop **onion** and **2 cloves garlic**, keeping separate. Scrub **carrot**; cut into ¼-inch pieces. Peel **potato**; cut into ½-inch pieces.

Cut **sausage links** in half lengthwise; cut into ½-inch thick half moons.



2. Cook sausage & aromatics

In a medium heavy pot, heat **1 tablespoon oil** over medium. Add **sausage**; cook, stirring occasionally, until browned in spots, 4-5 minutes. Add **onions, carrots, 1 tablespoon butter**, and **a pinch of salt**. Cook, stirring occasionally, until vegetables are softened but not browned, 4-5 minutes.



3. Add sauerkraut & potatoes

To pot, add **chopped garlic** and **1½ teaspoons each of paprika and caraway seeds**. Cook, stirring often, until spices are aromatic, about 1 minute.

Add **sauerkraut, potatoes, all of the broth concentrate**, and **5 cups water**. Bring to a boil over high heat.



4. Simmer

Reduce heat to medium-low and cover pot. Simmer until **potatoes** are completely tender, 20-25 minutes.



5. Chop dill

Finely chop **dill fronds and tender stems**.



6. Season & serve

Stir **chopped dill** and **1 tablespoon sugar** into **soup**; season to taste with **salt** and **pepper**. Ladle **soup** into bowls. Enjoy!