

Sauerkraut Stuffed Mushrooms

- 3 slices whole wheat bread
- 2 T minced onion
- 2 T minced celery leaves
- 1 cup EDEN Organic Sauerkraut, drained & minced
- 1/8 tsp. dried thyme
- 1/8 tsp. dried sage powder or all-purpose seasoning
- 1/2 tsp. EDEN Shoyu Soy Sauce
- 3/4 cup EDENSOY Original or EDENSOY Unsweetened
- 10 large stuffing mushrooms, remove stems
- 3 T organic grated Parmesan cheese
or finely grated EDEN Brown Rice Mochi
- 1 tsp. EDEN Extra Virgin Olive Oil

Pull bread into small cubes and place in a small mixing bowl with sauerkraut, onion, celery, thyme, sage, shoyu, EDENSOY and cheese or mochi. Mix well. Oil the bottom of the mushroom caps. Stuff each mushroom. A little more cheese or mochi can be sprinkled on top of the stuffing if desire. Grill on the upper rack of a grill for 10 to 15 minutes. Move to the lower grill and brown for 4 to 5 minutes. Remove and serve. The caps can be baked on an oiled baking sheet for 20 to 25 minutes at 400° and then broiled for 5 minutes to brown instead of grilling.

Prep Time 15 minutes • Cook Time 20 minutes • Serves 5



Crispy Kraut Salad

- 2 cups shredded green cabbage, blanched 1 minute
- 1/2 cup coarsely grated carrot
- 1 cup EDEN Organic Sauerkraut

Mix all ingredients together and place in a serving bowl. For Variety: A teaspoon or so of caraway seeds, poppy seeds or toasted black sesame seeds can be tossed in with the salad for extra flavor.

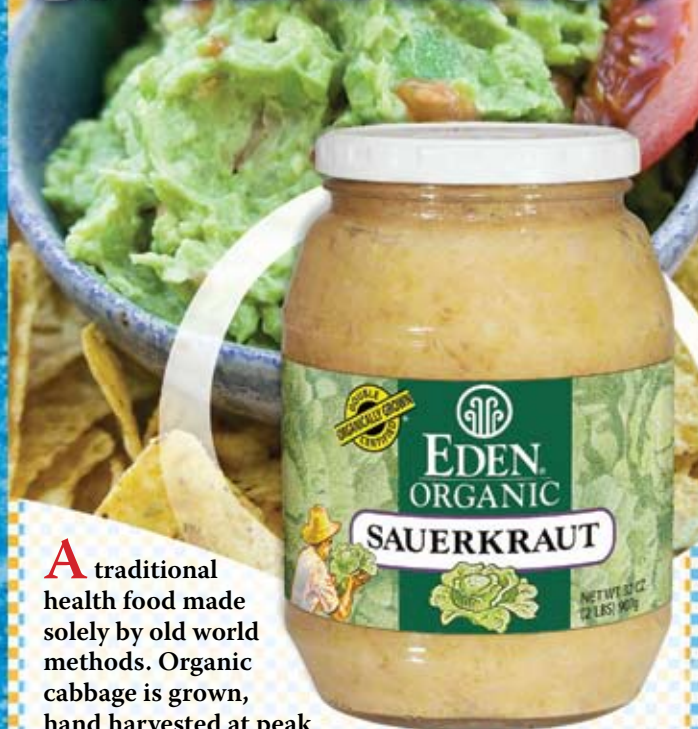
Prep Time 10 minutes • Cook Time 1 minute • Serves 5



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EDEN ORGANIC SAUERKRAUT



A traditional health food made solely by old world methods. Organic cabbage is grown, hand harvested at peak flavor, cored, washed, and shredded by the Hirzel family of northern Ohio. It is fermented with Eden's Sea Salt for at least six weeks. More than seventy years experience, traditional methods, and one family growing, handling, and packing gives this Sauerkraut its pleasing rich character. Rich in vitamin C.

Sauerkraut Guacamole

- 2 avocados, pitted and peeled
- 1 clove garlic, minced
- 1 cup EDEN Organic Sauerkraut
- 1 tsp. freshly squeezed lemon juice
- 1 small organic tomato, diced
- 1 pinch EDEN Sea Salt, optional

Place garlic, avocado, lemon juice and sea salt in a small mixing bowl. Mash until smooth with a fork or potato masher. Mix in the sauerkraut and tomato. Place in a serving bowl and serve with your favorite organic corn chips, crackers or raw vegetables.

Prep Time 15 minutes • Serves 8

Quick Sauerkraut Pickles

- ½ cup broccoli stalks, remove tough skin, slice thin
- 4 whole red radishes, sliced into thin rounds
- 1 medium carrot, slice on a thin diagonal
- ½ cup sliced cucumbers
- ¼ cup sliced apples
- 1¼ cups sauerkraut pickling brine, drained from 1 jar of **EDEN Organic Sauerkraut**
- 1 cup **EDEN Organic Sauerkraut**
- 1 piece clean cheesecloth or cotton linen, 6" X 6"
- 1 quart glass jar with lid

Place the broccoli, red radishes, carrots, cucumber and apple in layers in a 1 quart glass jar. Add the sauerkraut juice and place the sauerkraut on top. Push down on the sauerkraut to make sure the vegetables are covered with the sauerkraut juice. Place a piece of clean, cotton cheesecloth or linen over the mouth of the jar. Secure with an elastic band, string or metal jar ring. Let sit on the counter for 24 hours. Remove the cloth and place a cap securely on the jar. Refrigerate for 1 to 2 days. The pickles are now ready to eat. Remove only the portion you wish to eat for a meal, cap and refrigerate the remainder. Last 1 to 2 weeks refrigerated.

Prep Time 15 minutes • Serves 10



Bean Sauerkraut Salad

- 1 15oz can **EDEN Organic Garbanzo Beans**, rinsed and drained
- 1 15oz can **EDEN Organic Kidney Beans**, rinsed and drained
- 1 cup **EDEN Organic Sauerkraut**, drained
- 12 oz green beans, 1" pieces, blanched 2 to 3 min.
- ½ cup minced red onion
- ½ cup diced red bell pepper

Vinaigrette

- ¼ cup **EDEN Organic Apple Juice**
- ¼ cup **EDEN Organic Cherry Juice**
- ⅓ cup **EDEN Extra Virgin Olive Oil**
- 1½ T **EDEN Organic Apple Cider Vinegar**
- 1 tsp. **EDEN Organic Brown Mustard**
- ½ tsp. dried basil, or to taste
- ⅓ tsp. finely ground black pepper, or to taste

Place beans, sauerkraut, red onion and red pepper in a mixing bowl. Whisk together the vinaigrette ingredients and pour over the salad. Toss to mix. Refrigerate for 1 hour before serving.

Prep Time 1 hour 20 minutes • Cook Time 2 minutes • Serves 8



Tempeh Reuben

- 1 pound organic tempeh, any variety
- 2 T **EDEN Organic Safflower Oil**
- 2 cups water, for cooking tempeh
- 1 tsp. **EDEN Shoyu Soy Sauce**
- ¼ cup **EDEN Organic Sauerkraut**
- 4 tsp. any **EDEN Organic Mustard**
- 4 whole lettuce leaves
- ¼ cup alfalfa sprouts, rinsed and drained
- 1 medium organic tomato, sliced
- 8 slices whole grain bread

Heat oil in a skillet. Add tempeh. Brown both sides for 3 to 4 minutes. Add water to cover tempeh. Add shoyu, cover the skillet. Simmer 15 minutes. Remove cover and cook, over a high flame, until all liquid is gone. Remove tempeh and slice into strips. Place several slices of tempeh on each sandwich. Spread equal amounts of mustard on the other bread slices. Place equal amounts of sauerkraut, lettuce, sprouts and tomato on each sandwich. Serve. Great for lunches, picnics, camping, travel!

Prep Time 5 minutes • Cook Time 20 minutes • Serves 4

