Tempeh Reuben

1 lb organic tempeh
2 Tbsp EDEN Safflower Oil
2 cups water, for cooking tempeh
1 tsp EDEN Shoyu Soy Sauce
½ cup EDEN Kimchi Sauerkraut
¼ cup any EDEN 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, and travel. *Ready in 25 minutes • Serves 4*

Just Like Pappy Sam's

⁶⁶ I am now 69 years old and have finally found in your EDEN Organic Sauerkraut, a kraut that measures up to my dad's. I wanted you to know, it is the best store bought kraut I have ever tasted, and I know kraut! ⁹⁹

Pennsylvanian Mr. Jim Knauss wrote us about EDEN Sauerkraut being as good as what his father, "Pappy" Sam, made.

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'Kraut Guacamole

2 avocados, pitted and peeled
1 clove garlic, minced
1 cup EDEN Sauerkraut, chopped
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.

Ready in 10 minutes • Serves 8

Sauerkraut Ingredients

Sauerkraut - all are fine cut

Organic Sweet Cabbage, Water, and EDEN Sea Salt. Sometimes, Non-GMO derived Lactic Acid as a starter if needed. In 18 oz. or 32 oz. Glass Jars

Kimchi Sauerkraut

Organic Sweet Cabbage, Red Bell Peppers, Water, Onion, EDEN Sea Salt, Garlic, Ginger Root, Cayenne Pepper, Mustard Seed, and Chili Pepper – only in 18 oz. Glass Jars

Three Onion Sauerkraut

Organic Sweet Cabbage, Onion, Water, EDEN Sea Salt, Brown Rice Syrup, Shallots, Green Onion (scallions), Caraway Seed, Mustard Seed, Black Pepper, and Nutmeg – only in 18 oz. Glass Jars

All of the ingredients, handling, and processing are organic. The three sauerkrauts are **(K)** pareve.

At www.edenfoods.com there are about 1,300 free EDEN recipes. The well-liked Eden Recipe App for iPhones, iPads, and Android devices is free at the Apple App Store or Google Play.

Buckwheat Vegetable Salad



SAUERKRAUT

CREATION & MAINTEN

SAUERKRAUT)

Three Onion SAUERKRAUT

FDEN

Kimchi SAUERKRAUT

CREATION & MAINTENAN



- Lactic acid fermented w/ EDEN Sea Salt
- One family grown and made, five generations
- Fermented food to cleanse, soothe, and energize
- Traditionally made and pure
- Clean Eating magazine Clean Choice Awarded 'Classy Kraut'
- Delightful Bracing



Bracing, Pure Kraut

Traditional natural food of old world methods. EDEN Sauerkraut is grown and made by the Hirzel family in the Midwest. The most delicious sauerkraut in the U.S.A. since 1923, like their family had made in Switzerland. Since 1989 it has been organic EDEN. The cabbage fields teem with life after years of on-site composting and organic care. This soil retains moisture and grows more delicious, more nutritious food. The hot summer days and cool nights nurture sweet cabbage that the Hirzel's grow to make this sauerkraut.

One Family's Care from Seed to Gar

Hand harvested at its peak, cabbage is washed, cored, and shredded into vats. It is fermented with EDEN Sea Salt for at least six weeks. Fermentation management for these results is an art. Five generations of experience is on-site. One family's care of the fields, sprouts, growth, harvest, fermentation, and packaging creates a most wonderful sauerkraut.

Two New Ones

We add organic vegetables, herbs, and spices to organic EDEN Sauerkraut to make New Kimchi Sauerkraut with a spicy zest, and Three Onion Sauerkraut with its sweet, savory, mellow richness.

Ancient Efficacy

Builders of the Great Wall of China relied on fermented cabbage to keep themselves healthy and strong. Genghis Khan's army brought it into Europe. Easy to make, easy to store, its versatility and bracing values caused its popularity to expand. It is a popular food and condiment in America.

Fermenting cabbage creates vitamin C. The Dutch discovered it prevented scurvy in their seafaring crews. It then became common on ships the world over. A staple food that prevented illness and traveled well. Organic traditional Sauerkraut delivers potent antioxidants and efficacious phytonutrients from lactic acid fermentation.



Kimchi

SAUERKRAUT

= Organic =

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 Sauerkraut
1 cup EDEN Sauerkraut
1 piece clean cheesecloth or cotton linen, 6"x 6"

1 quart glass jar with lid

Place broccoli, red radishes, carrots, cucumber, and apple in



layers in a 1 quart glass jar. Add the sauerkraut brine and place the sauerkraut on top. Push down on the sauerkraut to make sure the vegetables are covered with the sauerkraut brine. 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, re-cap and refrigerate the remainder. Refrigerated they will keep about two weeks. *Prep Time 20 minutes • Serves 10*

Antioxidant Enhancement

Fermented foods can be extremely beneficial. Lactic acid fermentation of cabbage creates isothiocyanates - highly regarded, bracing antioxidants. Many phytonutrients are produced, like organic acids and enzymes that make digestion more efficient and boost immune system strength. Cabbage and all cruciferous vegetables are the best source of efficacious phytonutrient indoles.

Organic, antioxidant-potent vegetables, herbs, spices - garlic, onions, ginger root, red pepper, chili pepper, cayenne pepper, mustard seed, nutmeg, and caraway - further enhance the nutrient value and delicious flavors of EDEN Kimchi and Three Onion Sauerkrauts.



Bean Sauerkraut Salad

14 P. 100

 1 15 oz can EDEN Garbanzo Beans, rinsed and drained
 1 15 oz can EDEN Kidney Beans, rinsed and drained
 1 cup EDEN Three Onion 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 Apple Juice
 ¼ cup EDEN Cherry Juice
 ⅓ cup EDEN Extra Virgin Olive Oil
 1½ Tbsp EDEN Apple Cider Vinegar

1 tsp EDEN Brown Mustard ¹/₂ tsp dried basil, or to taste ¹/₈ 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. Ready in 1 hour 20 minutes • Serves 8