

Low-Carb Sauerkraut Sausage Casserole

Hands-on 15 minutes Overall 55 minutes



Nutritional values (per serving, about 1 cup cooked cabbage + 115 g/ 3 oz sausages):

Total carbs: 13 g, Fiber: 6.1 g, **Net carbs: 6.9 g**, Protein: 25 g, Fat: 33.2 g, Calories: 440 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 6 servings)

- 1/4 cup [ghee](#) or lard (55 g/ 1.9 oz)
- 1 medium white or yellow onion, sliced (110 g/ 3.9 oz)
- 2 cloves garlic, minced
- 1 medium green pepper, sliced (120 g/ 4.2 oz)
- 1 head Savoy or green cabbage, shredded and core removed (600 g/ 1.3 lb)
- 2 cups sauerkraut, drained (284 g/ 10 oz) - *you can [make your own](#)*
- 2 tablespoons lemon juice or leftover sauerkraut juice (30 ml)
- 1/2 cup water or [chicken stock](#) (120 ml)
- 1 tbsp freshly chopped thyme or 1 tsp dried thyme
- 1 tbsp freshly chopped oregano or 1 tsp dried oregano
- 1/4 tsp salt (I like [pink Himalayan](#)) or to taste
- 8-12 gluten-free Italian-style sausages (800 g/ 1.76 lb)
- fresh parsley for garnish

Optional: serve with homemade condiments such as [Dijon mustard](#) or [ketchup](#).

Instructions

1. Cut the cabbage in quarters, remove and discard the core. Slice the cabbage, onion, green pepper and mince the garlic. Grease a large saucepan or a Dutch oven with ghee. Add the sliced onion, and cook for 5-8 minutes, until lightly browned.
2. Then add the minced garlic, sliced green pepper and cook for a minute. Add the shredded cabbage.
3. Add sauerkraut, lemon juice, water, chicken stock, thyme, oregano and mix until combined. Cover with a lid and cook over a medium-low heat for 10 minutes.
4. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Transfer the cabbage into a large ovenproof casserole dish (or leave it in the Dutch oven if you can fit the sausages).
5. Top with sausages, cover with a lid or a baking foil and place in the oven. Bake for about 25 minutes, and then, remove the foil and bake for another 5 minutes.
6. Remove from the oven and let it cool down for 5 minutes. Garnish with fresh parsley and serve with homemade keto [Dijon mustard](#) or [ketchup](#). To store, refrigerate for up to 4 days or freeze for up to 3 months.

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