EASTERN EUROPEAN · LUNCH · DINNER

Budget Sauerkraut and Potato Soup (Kapuśniak-Style)

30 min · Serves 4 · 203 kcal a serve · Video 12:58 · Mary's Nest

Gluten-free ingredients · No nuts listed

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About 200 kcal a bowl with 19 g protein from the bone broth, 4 g fibre and a fifth of a day's vitamin C. The sauerkraut is only warmed through at the end, and no salt is added because the kraut brings it (about 800 mg sodium a serve).

Diet notes: Low saturated fat (2.2 g, 9.7% of the energy); No dairy if you leave out the butter.

Ingredients 7 · SERVES 4

- [ ] 1 tbsp **butter** (or lard, tallow or olive oil)
- [ ] 1 medium **yellow onion**, chopped
- [ ] 2 medium **potatoes** (Yukon Gold), peeled and cut into 1-inch cubes
- [ ] 6 cups **chicken bone broth** (or chicken or vegetable broth)
- [ ] 1½ cups **sauerkraut**, ideally homemade
- [ ] ¼ tsp sweet (or smoked) paprika, plus a sprinkle to serve
- [ ] ½ tsp **caraway seeds**, lightly crushed, plus a pinch to serve

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt 1 tbsp butter in a medium soup pot over medium heat. Add the chopped onion and the 1-inch potato cubes, stir to coat and cook gently for about 5 minutes until the onion softens without browning. 4:21
2. Pour in 6 cups chicken bone broth, bring to a boil, then cover and simmer on low for 10–15 minutes until a knife slides easily into the potatoes. 7:15
3. Meanwhile lightly crush ½ tsp caraway seeds in a mortar so they release their flavour and don't stick in your teeth. 8:10
4. Stir in ¼ tsp paprika and the crushed caraway, then add the sauerkraut and heat for just 30 seconds to a minute until warm. 9:47
5. Taste: the sauerkraut usually brings enough salt and tang, so add salt (or 1 tsp–1 tbsp apple cider vinegar) only if needed. Serve sprinkled with a little more caraway and paprika. 11:27

> **Tip** Mary swaps the traditional bratwurst for potatoes to keep it cheap. No salt is added because the sauerkraut is salty. Keeps 4–5 days in the fridge; reheat gently.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
203 kcal	19 g	25 g	4.3 g	4.2 g	790 mg
850 kJ	38% of a day	20 g net · 3.6 g sugars	15% of a day	2.2 g saturated	35% of a day
		9% of a day		5% of a day	

Energy from net carbs 41% · protein 39% · fat 20%

High in (20%+ of a day) Vitamin B6 26% · Vitamin C 21%

Source of (10–19%) Potassium 18% · Iron 15% · Vitamin B12 15% · Folate 12% · Magnesium 11%

Recipe and video: Mary's Nest (@MarysNest) on YouTube — youtube.com/watch?v=hblwhbgII1E, published 22 April 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sauerkraut-potato-soup-kapusniak-style