

## Easy Low Carb Sauerkraut

### Description

*A great addition to any vegan hot dog, salad or in a simple curry for added tanginess*

**Prep time:** Thirty minutes

**Total time:** Three-five weeks

**Servings:** 1 jar

### Ingredients

1 large or 2 small head of cabbage (2.2 lb. / 35.2 oz)

1 tablespoon of salt (pink Himalayan or sea salt)

If desired: 10 fresh juniper berries, 1 tablespoon of caraway seeds and 1 teaspoon of mustard seeds,  
Some water if desired

### Instructions

1. Chop the cabbage into quarters and remove the core. Remove all the outer leaves. Then slice the cabbage and transfer into a bowl. Add in salt, juniper berries, caraway, and mustard seeds if using. Combine and set aside for about two hours.
2. Add the cabbage into a jar and press down to soak it in its juices. Leave a gap at the top and cover with a cheese cloth fastened with a string. Keep the jar out of sunlight and set aside to ferment for about three-five weeks.
3. Can be stored for about six months in the refrigerator.