

Sauerkraut Soup with Pork

3 lbs. pork neck bones
2-1/2 qts water
1 large onion, chopped
1 clove garlic, minced
1 bay leaf
1 c. diced tomatoes
1 qt sauerkraut, rinsed & drained
1/3 c. barley
1 small apple, chopped
Salt/Pepper to taste

1. Clean neck bones well...remove excess fat & anything that doesn't look good
2. Soak cleaned neck bones in water for 30 min.
3. Rinse & put in pot; add 2-1/2 quarts water
4. Bring to boil & remove scum
5. Saute' onions & garlic & add to broth with rest of ingredients, EXCEPT kraut & barley
6. Cook about 1 hr or until meat is tender.
7. Add barley & kraut & cook another 45 min. (reduce cooking time for quick barley)

Optional Roux

1. Blend 2 TB flour & 2 TB shortening; brown until light golden brown.
2. Add a little soup to roux & stir until smooth.
3. Add roux to soup.

Serve with rye bread & butter. Yum!

Mary Ligiejko Kolich