



Recipe from book *Kaizen: A Tool Box for Cultivating Optimal Health* by Nanette Achziger

Curtido Sauerkraut

Med Green Cabbage
2 Carrots
1 Jalapeno
1 Small Onion
1 TBSP of Salt
1 TSP Oregano
½ TSP Red Pepper Flakes
1 TSP Cumin
¼ Cup Purified Water

Thinly slice all veggies. Mix in a large bowl with all spices and salts. Pound cabbage mix with wooden spoon until it releases its juices, about 5 minutes. Pack veggies in wide mouth mason jar and pound with a wooden spoon as you go. You want a tightly packed jar with very little air pockets. Put lid on and put in cabinet overnight. Check next day and add purified water to cover contents. Leave in cabinet for 2-4 weeks checking to make sure the contents are always covered in liquid to prevent mold. I recommend watching the video to get it just right!