

QUICKSTART GUIDE TO EATING KRAUTS & KIMCHIS

EATING KRAUTS AND KIMCHIS EVERYDAY IS EASY! LET US HELP YOU WITH THIS QUICKSTART GUIDE, BEST USES FOR EACH KIND, AND 10 SIMPLE RECIPES.

- BEETIFUL CURTIDO - Add to traditional Latin American foods, fried rice, seafood, eggs, tacos, or eat straight out of the jar.
- TRIFECTA CURRY KRAUT - Mix with eggs, roasted vegetables, pastured pork, chicken, seafood, and wraps!
- RED KIMCHI - Add to eggs, use as a pizza topping, on Korean BBQ, stirfry, hot dogs, bratwurst,
- WHITE KIMCHI - Stir into hummus, pulled pork, tuna salad, or fried rice, or top avo-toast, hot dogs, bratwurst, and steak.
- CHOWHOUND - Add to egg salad, potato salad, raw veggie salads, coleslaw, hamburgers, or eat by itself!
- CLASSIC KRAUT - Add to a green smoothie, potato salad, hot dogs, burgers, bratwurst, and kielbasa.
- DILL KRAUT - Great on eggs, potato salad, baked potatoes, veggie salads, and sandwiches.
- PURPLE KRAUT - Add to eggs, top avo-toast, put on Reubens or other sandwiches, mix into salads, coleslaw, or fish.

10 EASY RECIPES USING KRAUTS AND KIMCHIS

ADDING BENEFICIAL KRAUTS AND KIMCHIS TO YOUR EVERYDAY MEALS MOVES YOU TOWARDS BETTER - BETTER HEALTH, BETTER IMMUNITY, AND BETTER ENERGY! PLEASE ENJOY MY GIFT TO YOU.

THE RECIPES:

- RED KIMCHI CREAM CHEESE DIP
- TRIFECTA ROASTED CAULIFLOWER
- NO PAUNCH PEANUT SAUCE
- AVO-CURTIDO RANCH DRESSING
- ZIPPY EGG SALAD
- STUFFED EGGS
- QUIRKY QUESADILLAS
- HUEVOS RANCHEROS
- PROBIOTIC GRAIN BOWL
- BELLY BUILDER STREET TACO BOWL
- PEPPY PORKCHOPS

RED KIMCHI AND CREAM CHEESE DIP

**BE THE STAR AT YOUR NEXT GATHERING
OR POTLUCK!**

INGREDIENTS:

1 - 8 oz. package cream cheese, softened
1 jar Red Kimchi

INSTRUCTIONS:

1. Stir the cream cheese with a fork first to fluff. Then coarsely chop the Red Kimchi and stir together with cream cheese.
2. Enjoy on crackers or celery sticks!

TRIFECTA ROASTED CAULIFLOWER

**THIS RECIPE WORKS WITH NEARLY
ANY VEGGIE, EVEN POTATOES!**

INGREDIENTS:

1 head fresh cauliflower, chopped

¼ cup olive oil

salt and pepper

¾ cup Trifecta

INSTRUCTIONS:

1. Place all ingredients except Trifecta on a baking sheet and mix well with your hands.
2. Bake at 425 degrees for 15 minutes or until the cauliflower is brown and crisp.
3. Mix the Trifecta and roasted cauliflower in a bowl and serve hot!

NO PAUNCH PEANUT SAUCE

FASTEST OF FAST FOOD, YUMMY AND GREAT EXCUSE TO EAT VEGGIES! PERFECT KETO FRIEND - MINUS THE NOODLES, OF COURSE!

INGREDIENTS:

- ¼ cup soy sauce
- ½ cup peanut butter
- ½ cup chicken broth
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ cup White Kimchi OR Red Kimchi

INSTRUCTIONS:

1. Coarsely chop Kimchi and mix all ingredients together.
2. Pour over chicken, noodles, or rice! Add scallions and peanuts to garnish.

OR try this vegan version that is super simple and makes just enough for one person:

INGREDIENTS:

- ¼ cup peanut butter
- 1 teaspoon sesame oil
- Rice Vinegar or Apple Cider Vinegar to taste
- 2 Tablespoons White Kimchi OR Red Kimchi

INSTRUCTIONS:

1. Coarsely chop Kimchi and mix all ingredients together.
2. Pour over steamed broccoli, cauliflower-rice, chicken, bean sprouts, and sauteed cabbage. Add scallions and peanuts to garnish.

AVO-CURTIDO RANCH DRESSING

**USE THAT LAST AVOCADO OR HAVE A
REASON TO EAT A SALAD!**

INGREDIENTS:

- 1 ripe avocado
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup cottage cheese
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon dried parsley
- $\frac{1}{2}$ cup Beetiful Curtido OR White Kimchi

INSTRUCTIONS:

1. Place all ingredients except Curtido or Kimchi in a blender and blend thoroughly.
2. Gently stir in the Curtido or Kimchi. Makes about 2 cups of dressing.

ZIPPY EGG SALAD

A TANGY TWIST ON AN OLD FAVORITE!

INGREDIENTS:

- 8 eggs
- ½ cup mayonnaise
- 1 and ½ teaspoons yellow mustard
- 1 green onion, sliced (optional)
- 1 rib celery, diced (optional)
- ½ cup Chowhound, coarsely chopped

INSTRUCTIONS:

1. Boil eggs for 9 minutes. Cool and peel.
2. Cut eggs in half and remove the yolks. Mash the yolks together with the mayonnaise, mustard, salt, and pepper.
3. Chop the egg whites and add to the yolk mixture along with remaining ingredients.
4. Enjoy on bread for a sandwich, or on a bed of greens.

STUFFED EGGS

LIKE A DEVEILED EGG BUT MORE WHOLESOME!

INGREDIENTS:

- 6 Eggs
- 4 Slices Pastured Bacon
- 2 Tablespoons Mayonnaise
- 4 Tablespoons Trifecta

INSTRUCTIONS:

1. Boil eggs for 9 minutes. Cool and peel.
2. Chop the bacon and cook in a skillet, stirring occasionally until browned. Drain on paper towels.
3. Cut eggs in half lengthwise and gently remove yolks and place in a bowl. Combine with mayonnaise, bacon, and coarsely chopped Trifecta.
4. Carefully spoon yolk mixture back into egg whites. Sprinkle with a little parsley to serve.

QUIRKY QUESADILLAS

DELIGHTFUL FINGERFOOD, NO GUILT!

INGREDIENTS:

2 - 10 inch flour tortillas

1 and ⅓ cups shredded cheddar cheese

1 Granny Smith apple, peeled and sliced

1 cup Trifecta, Beetiful Curtido, or Classic sauerkraut

INSTRUCTIONS:

1. Heat skillet and place one tortilla in the pan. Sprinkle ⅓ cup of cheese over one half of it. Quickly arrange half the apple slices over the cheese, then top with half the sauerkraut, spreading evenly. Sprinkle with another ⅓ cup cheese.

2. Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat until golden, about 2 minutes, then carefully flip and lightly brown the other side. Slide the quesadilla onto a cutting board and cut into halves or quarters. Prepare the second one in the same fashion.

HUEVOS RANCHEROS

A TRUE BREAKFAST OF CHAMPIONS!

INGREDIENTS:

- 4 corn tortillas
- 1 Tablespoon coconut oil
- 4 eggs
- 3/4 cup shredded cheese
- 6 oz. chorizo, sliced or diced
- Sour cream for serving
- Salsa (optional)
- 1 cup Beetiful Curtido OR Red Kimchi

INSTRUCTIONS:

1. In large skillet, brown chorizo. Remove from skillet and set aside.
2. Fry the tortillas, one at a time, in the coconut oil. Then scramble the eggs, allow cheese to melt on top, and divide them onto each tortilla.
3. Add cooked chorizo to the eggs and top with sour cream and Beetiful Curtido or Red Kimchi and optional salsa. So delicious!

PROBIOTIC GRAIN BOWL

**A SIMPLE VEGAN LUNCH STAPLE THAT
PACKS A POWERFUL PUNCH!**

INGREDIENTS:

2 cups cooked quinoa, brown rice, farro, or barley
1 cucumber, sliced
1/2 cup chickpeas
1 Tablespoon chopped walnuts
1/2 cup Red Kimchi, White Kimchi, OR Trifecta
Drizzle of olive oil and lemon juice
Salt and pepper

INSTRUCTIONS:

1. Mix all ingredients together in a bowl. Add chopped kale, spinach, edamame, zucchini, or sun-dried tomatoes for even more full-flavored crunch!

BELLY BUILDER STREET TACO BOWL

**AN EASY MEAL THAT TASTES LIKE
GOURMET AND GIVES YOU ALL THE
NUTRITION YOU NEED FOR PLENTY OF
ENERGY!**

INGREDIENTS:

Rice or cauliflower-rice

Browned grassfed ground beef or grilled grassfed steak, or fried
tofu for vegan option

Fresh mango or pineapple

Diced avocado or guacamole

Black beans

Beetiful Curtido OR White or Red Kimchi

INSTRUCTIONS:

1. Layer all ingredients in a bowl and enjoy!

PEPPY PORK CHOPS

A GUEST-WORTHY DISH THAT TAKES THE GUESSWORK OUT OF DINNER

INGREDIENTS:

- 6 pastured pork chops, 1 inch thick and 7 ounces each
- 2 cups applesauce
- 1 teaspoon thyme
- ½ teaspoon oregano
- ¼ teaspoon paprika
- Salt and pepper to taste
- 1 and ½ cups Classic or Purple Sauerkraut

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. In large skillet, brown pork chops in oil.
3. Place chops in a 13x9 glass baking dish. Top with applesauce and spices.
4. Bake for 1 hour. Spoon sauerkraut on each pork chop and serve immediately.