



Zupa Kapuśniak



From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Preheat oven to 400.
- 2) In a huge pot, put broth, beer, 1/2 of the sauerkraut, 1/2 of the mushroom, 1/2 of the apple, 1/2 of onions & caraway seeds,
- 3) Put the bacon on a cookie sheet and sausage /garlic heads on a separate sheet and bake for 30 minutes or until sausage is brown. Remove everything from the oven...put the mushy garlic in the soup pot. Drain the bacon and sausage grease into container to save for the perogies. Let the bacon and sausage cool on a paper towel.
- 4) While the meat is cooling use an immersion blender to blend what's in the pot.
- 5) Add to the pot the other 1/2 of sauerkraut, 1/2 of mushrooms, 1/2 of apples, agave and potatoes—let cook until potatoes are soft.
- 6) In large pan, add bacon/kielbasa grease, butter and fry the mini perogies and other 1/2 of onion—slightly brown
- 7) Cut the bacon into small pieces and add them to the pot. Slice the kielbasa into 1/4 inch slices and add it to the pot. Let everything cook for 15-20 more minutes.
- 8) Serve with the mini perogies and crispy onions as a topper.

Notes

The way this recipe was designed, you can completely eliminate the meat. You can also use the bacon, kielbasa and mini-perogies as toppers, making the soup part plant based.

I also served this with sourdough bread infused with caraway seeds.

Ingredients

- Vegetable Broth/stock—3 boxes
- Polish Beer—4 beers
- Sauerkraut—5 lbs
- Mushrooms—30 oz sliced
- Apples—8 peeled and diced
- caraway seeds - 1 tablespoon
- Bacon—12 oz
- Onion—one large diced
- Garlic—2 heads
- Fresh Polish kielbasa—5 lbs
- Mini Perogies—2 packs
- Potatoes—4 lbs
- Agave - 1/4 cup
- Pepper

