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| German Sweet and Savory Bratwurst Stew  *A good old German recipe dish using an Instant Pot with less than 10 minutes prep with affordable and nutritious ingredients.*  **Ingredients:**   |  |  | | --- | --- | | 16 oz pkg | German Style Bratwurst ($5.00) | | 5 oz  12 oz  16 oz  1 lb  4 oz  ½ cup  Dash  Dash  1 TB | Frozen Chopped Onions (thawed and drained) ($.60)  Frozen Brussel Sprouts (thawed and drained) ($2.50)  Fresh Tri-Color Coleslaw Mix ($1.90)  Mini Potatoes (washed) ($3.00)  Apple Sauce ($.50)  Organic Chicken Bone Broth ($.50)  Avocado Oil  Salt  Sage |   **Directions:**  Put your oil in the pot and set it to sauté’. Then add onion and brown nicely. Next, add your brats with the apple sauce, sage, salt, and broth. Add all of your veggies. Set your pot to low for 6 to 7 hours using the sealable lid. Enjoy!  n | Logo  Description automatically generated |