



CAMELIZED ONIONS & HENGSTENBERG SAUERKRAUT PASTA



1 RED ONION, THINLY SLICED INTO ROUNDS
1/2 CUP BUTTER
3 CUPS HENGSTENBERG SAUERKRAUT
1 CONTAINER FIT N' FREE CHICKPEA PASTA
SALT AND PEPPER TO TASTE

1. MELT BUTTER OVER LOW HEAT. ADD SLICED ONIONS; SAUTE FOR 25-30 MINUTES, STIRRING OCCASIONALLY TO AVOID BURNING WHILE ONIONS CARAMELIZE.
2. WHILE ONIONS ARE COOKING, FOLLOW PASTA INSTRUCTIONS. DRAIN, RINSE, AND SET ASIDE.
3. WHEN BUTTER IS NEARLY GONE BUT THERE IS STILL A LITTLE REMAINING IN THE PAN, ADD PASTA AND TOSS. ADD IN SAUERKRAUT. COOK FOR 2-3 MINUTES, ALLOWING EVERYTHING TO COME TO A UNIFORM TEMPERATURE. SEASON WITH SALT AND PEPPER AS DESIRED. ENJOY.

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