

Alton Brown's Saurbraten

Yield: 6 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/alton-brown-s-swedish-meatball-recipe>

Ingredients:

- 2 cups water
- 1 cup cider vinegar
- 1 cup red wine vinegar
- 1 onion medium, chopped
- 1 carrot large, chopped
- 1 tablespoon kosher salt additional for seasoning meat
- 1/2 teaspoon ground black pepper freshly
- 2 bay leaves
- 6 whole cloves
- 12 juniper berries
- 1 teaspoon mustard seeds
- 4 pounds bottom round can use beef, venison, elk or goat all are delicious
- 1/3 cup sugar
- 18 gingersnaps dark old-fashioned, about 5 ounces, crushed

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 175 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 66 grams
7. SaturatedFat: 16 grams
8. Sodium: 1600 milligrams
9. Sugar: 19 grams

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