

Beef Reuben 2.0

We've updated the classic Reuben to create a satisfying, well rounded dinner. We're using shaved, seasoned beef, broccoli and cabbage sauerkraut, melty cheese, and a dolled up 1000 Island dressing that really zings. Served on grilled marble rye, it's a dinner you'll love.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet & Lid

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Broccoli & Cabbage Sauerkraut

Green Beans

Marble Rye Bread

Shaved Beef

Cheese Blend

1000 Island Dressing

Good To Know

Health snapshot per serving – 770 Calories, 47g Protein, 26g Fat, 89g Carbs, 25 Freestyle Points

Lightened-up Health snapshot per serving – 630 Calories, 23g Fat, 64g Carbs, 20 Freestyle Points by using half of the sauce and bread (serving the sandwich open-faced).

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

INGREDIENTS: Shaved Beef, Green Beans, Marble Rye Bread, Green Cabbage, Broccoli Slaw, Swiss, Provolone, Apple Cider Vinegar, Ketchup, Relish, Mayonnaise, Yellow Onion, Kosher Salt, Garlic, Black Pepper, Horseradish, Lemon, White Pepper, Nutmeg, Thyme, Sugar,

meez *meals*

1. Get Started

Drain the liquid well from the **Broccoli & Cabbage Sauerkraut** and set aside until step 4.

2. Sear the Green Beans

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they start to char, about 5 to 7 minutes. Transfer to your serving plates. Do not wipe out the skillet.

3. Grill the Rye Bread

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Grill the **Marble Rye Bread** on both sides until golden brown, about 1 to 2 minutes per side. Each piece needs its own space in the skillet, so work in batches if you have to. Set aside until step 5. Do not wipe out the skillet.

4. Heat the Beef & Melt the Cheese

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Shaved Beef** and 2 Tbsp water. Cook until the beef starts to brown on the edges, about 3 to 4 minutes. Use tongs or a spoon to arrange it into two piles still in the skillet. Cover each pile with the drained veggies, then the **Cheese Blend**. Cover the skillet with a lid or baking sheet and cook until the cheese melts, about 2 to 3 minutes. Remove from the heat.

5. Put It All Together

Spread the **1000 Island Dressing** about ¼ inch thick on all the grilled marble rye slices (you will have extra sauce left over.) Use a spatula to transfer the beef-sauerkraut-cheese to one of the prepared pieces of marble rye and top with the other. Serve the sandwiches cut in half with the green beans on the side. Use the remaining dressing for dipping the green bean "fries."

Enjoy!

Instructions for two servings.

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