

Gluten Free, Keto Friendly, Reuben Casserole

Posted At : January 17, 2017 7:05 PM | Posted By : Jason

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Reuben casserole is a super easy casserole to make as I like reuben's and it seems to be easier to make this shortly after St.Patricks day as there is a chance that you may have some extra corned beef left. The best part about this is that it is low carb, gluten free and keto friendly.

Even if you do not have any corned beef left over, this is a good excuse to make some corned beef.

If you do not have any corned beef in the fridge that is cooked, you can buy a cooks corned beef briskets and cook it in your slow cooker for about 8 hours on low. If you want to make this gluten free, do not use the spice packet that comes with the brisket. Instead of cooking this in beer, you will want to cook it in just water only. After the corned beef is cooked, let it cool and either shred it into small pieces or cut it up into small pieces.

Ingredients:

- Make some **Thousand Island Dressing** or buy some gluten free thousand island dressing and for Keto you can use **Walden Farms Thousand Island dressing**
- 8 or so ounces of shredded Swiss cheese
- 12 ounces of Franks **Sauerkraut** or some other gluten free Sauerkraut, drained

Directions:

1. pre-heat the oven to 350 degrees
2. In a **glass 9x13 pan** spray with cooking spray.
3. Add the shredded corned beef.
4. Top that with the sauerkraut that you drained.
5. add the shredded swiss cheese
6. Cook in the oven for 30 minutes or so, or until the cheese is melted.
7. Serve on a plate with some Thousand Island Dressing

Corned beef cooked



Corned beef shredded into the 9x13 pan



Sauerkraut added to the corned beef



Shredded swiss cheese added



casserole cooked



Served on a plate

