

DINNERLY



Low-Carb Reuben Meatloaf with Green Beans

& Sauerkraut



30-40min



2 Servings

This ain't your momma's meatloaf. It's got everything there is to love about the almighty Reuben sandwich combined into one delicious, cheese-smothered meatloaf. We didn't forget the sauerkraut, of course. And a quick and easy Russian dressing for dipping on the side, and green beans to boot. We're not amateurs here! And neither are you—consider yourself a meatloaf aficionado after making this meal. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- ¼ oz cornstarch
- ½ lb sauerkraut
- 10 oz pkg grass-fed ground beef
- ¼ oz pastrami spice blend
- 1 oz mayonnaise ^{1,3}
- ¼ oz Dijon mustard
- 2 oz shredded fontina ²

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- 1 large egg ¹
- ketchup

TOOLS

- 2 rimmed baking sheets

ALLERGENS

Egg (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 710kcal, Fat 55g, Carbs 17g, Protein 37g



1. GREEN BEAN VARIATION

Preheat oven to 450°F with a rack in the upper third.

Trim stem ends from **green beans**.



2. Mix meatloaf

Finely chop **¾ cup of the sauerkraut** (save rest for own use), then transfer to a medium bowl. Add **ground beef, pastrami spice, 1 large egg, and 1 teaspoon salt**; mix well to combine.



3. Bake meatloaves

Generously **oil** a second rimmed baking sheet. Shape **meat mixture** into 2 (5-inch) meatloaves. Transfer to prepared baking sheet.

Scatter **green beans** around meatloaf. Drizzle with **oil** and season with **salt and pepper**. Bake on upper oven rack until tops start to brown, meatloaves are cooked through (160°F internally), and green beans are crisp tender, 12–15 minutes.



4. Make Russian dressing

While **meatloaves** bake, in a small bowl, stir to combine **mayonnaise, 1 tablespoon ketchup, and 1 teaspoon Dijon mustard**.

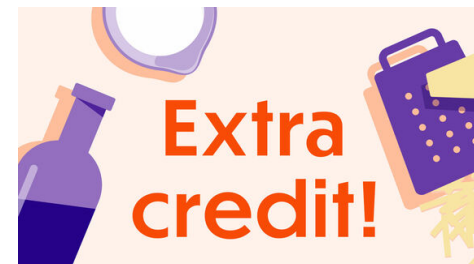


5. Broil & serve

Switch oven to broil. Broil **meatloaves** on upper oven rack until starting to brown in spots, about 2 minutes. Evenly sprinkle **cheese** over top. Return to oven and broil until cheese is melted and browned in spots, 1–2 minutes (watch closely as broilers vary).

Serve **Reuben meatloaves** with **Russian dressing** and **green beans** alongside.

Enjoy!



6. Want a pickle with that?

Slice a dill pickle into rounds and place them on top of the meatloaf before serving, or leave it whole on the side!