

Creamy Reuben Soup with Corned Beef, Sauerkraut and Rye Croutons

Adapted from a Phillis Carey recipe, 2020



CROUTONS:

1 tablespoon EVOO
7 slices rye bread, crusts removed, cut into 1/2" cubes

SOUP:

1 tablespoon EVOO
1 small onion, finely diced
1 carrot, peeled and finely chopped
1 stalk celery, finely chopped
1 clove garlic, minced
1 teaspoon caraway seeds
Freshly ground black pepper to taste
5 cups low-sodium chicken broth, reserving 2 cups (set aside)
1/2 pound corned beef brisket, sliced, cubed
8 fluid ounces sauerkraut
3/4 cup heavy whipping cream
5 1/2 tablespoons cornstarch
1/2 tablespoon sugar, or nonfruit sweetener
1/4 cup chopped parsley, plus more for garnish
Salt to taste
6 ounces Gruyere cheese, grated or Emmental

Per Serving (excluding unknown items): 438 Calories; 29g Fat (55.3% calories from fat); 24g Protein; 29g Carbohydrate; 4g Dietary Fiber; 79mg Cholesterol; 604mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 7

NOTES: Ideally, make this the day before as the taste is enhanced with an overnight chill to meld flavors.

1. Preheat oven to 400°F. Spread rye bread cubes on rimmed baking sheet. Drizzle with EVOO then toss well to distribute oil. Bake for about 5-8 minutes until golden but not burned. Watch carefully. Remove and set aside.

2. In a large soup pot, heat EVOO over medium-low. Add onions and cook until softened, about 5 minutes. Add carrots, celery, garlic, caraway seed and pepper to the pot and cook, stirring often until softened, about 5 minutes. Add chicken broth and bring to a boil. Lower heat and simmer on low for 20 minutes.

3. Stir in corned beef, sauerkraut, and heavy cream; bring to a boil and then simmer for 5 minutes.

4. Combine the reserved, room temp chicken broth with cornstarch and mix well. Pour into soup pot and stir for several minutes until it comes to a simmer and soup thickens. Add sugar or alternative sweetener. Stir in parsley and add salt if needed - it probably won't be needed. If soup is too salty adjust by adding small amounts of water and bring back to a boil.

4. Mound portions of croutons on baking sheet and top with grated cheese. Broil 4 to 5 inches from heat until cheese is melted and bubbling, 1 to 2 minutes. Pour soup into bowls then carefully (using a spatula) place bubbling crouton crown on top of each bowl of hot soup. Sprinkle with more parsley if desired. Serve immediately.

