

REUBEN IN A BOWL

INGREDIENTS

- 1 tbsp. olive oil
- ½ red - diced
- 2 cloves garlic - minced
- 1 lb. shredded cabbage blend
- 1 lb. frozen cauliflower rice
- ½ lb. corned beef - cut into 1 inch pieces
- ¼ tsp. pepper
- 1 tsp. sea salt
- ½ tsp. caraway seeds
- 2 tsp. apple cider vinegar
- ¼ cup chicken broth
- Walden Farms Thousand Island Dressing



PREPARATION

1. Heat up olive oil in a large deep skillet over medium heat.
2. Add the garlic and stir for 30 seconds until fragrant.
3. Add in the cabbage blend, cauliflower rice, and corned beef and stir well.
4. Add in the salt, pepper, and caraway seeds followed by apple cider vinegar and the chicken broth. Cover the pan.
5. Allow cooking over medium heat and stir occasionally, for 7-10 minutes or until most of the liquid evaporates.
6. Drizzle WF Thousand Island Dressing over.
7. Serve and enjoy!

