
Broccoli Reuben Sandwich Recipe

Sandwich Ingredients

- Broccoli (approximatley 3/4 to 1 cup per sandwich)
- Olive or Vegetable Oil
- Sauerkraut
- 2 slices of bread per sandwich
- Cheese of choice (I like Swiss or provolone but others will work)
- Butter/margerine
- Pepper
- Salt

Sauce Ingredients

- Mayonaise
- Ketchup
- Hot sauce (optional)

Steps

First, preheat oven to 300 degrees and put oil into pan or onto baking sheet.



Second, place chopped broccoli florets into pan in a single even layer and toss to coat in oil. Add salt and pepper to taste and place pan into preheated oven. Every ten minutes, turn broccoli in pan to cook evenly. Broccoli will be finished when it is lightly browned and tender, usually 30-40 minutes. When done, remove from oven.



Third, while broccoli is roasting, butter bread on one side in preparation for stovetop cooking.



Fourth, heat skillet on medium-low. When skillet has heated, place bread, buttered-side down into the pan. Add roasted broccoli in an even layer, then top with sauerkraut to taste.



Fifth, top broccoli and sauerkraut mixture with cheese of choice and cover with another slice of buttered bread, non-buttered-side down. Cover skillet with lid to encourage heating through of all ingredients



Sixth, when bread is toasted on bottom (usually, 3-5 minutes), flip sandwich and replace lid.



Finally, when toasting is complete, remove from heat, cut, and serve!



To make sauce, mix equal proportions of mayonnaise and ketchup. Add hotsauce to taste. Alternatively, use Thousand Island would also work!