

# Reuben In A Bowl & Corned Beef IP!

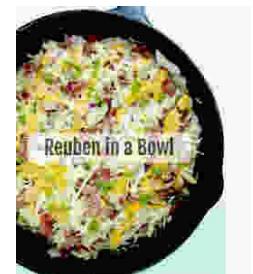
My simple Reuben In A Bowl recipe tastes just like everyone's favorite Reuben sandwich minus the bread and it only takes about 15 minutes to make! Cleaning up afterward is also minimal because all you'll need is a skillet to make this tasty low carb recipe! You could even add this mix to a browned corn tortilla for your complex carb and then you have the perfect balance!

## Ingredients

- One bag of coleslaw mix
- 1 tablespoon olive oil
- 1 pound corned beef cut into strips (or any protein such as chicken, beef or turkey)
- 1/2 cup Swiss cheese
- Scallions

## Dressing

- 1 cup light avocado mayonnaise
- 1/4 cup ketchup - low sugar preferred
- 1 tablespoon horseradish
- 1 teaspoon hot sauce
- 1 teaspoon Worcestershire sauce
- pinch of pepper



## Instructions

1. Add oil to the skillet- now, add coleslaw, cover and cook for 5 minutes.
2. Add corned beef and saute covered for 5 minutes.
3. While coleslaw is cooking, in a small bowl mix ingredients for sauce.
4. Stir coleslaw and corned beef and top with cheese. You can cover the skillet and allow the cheese to melt or put in the oven and broil until the cheese is bubbly.
5. Drizzle with dressing and top with scallions.

**SERVES 4**

## THE PERFECT PLATE

Realistic Sustainable Expectations is my motto. Anything goes if in moderation. This traditional meal can be considered not diet friendly by most, however in my program my clients are taught *balance*. In order to enjoy a meal such as this, having the right balance is essential. In this case we have the corned beef representing the protein. Keeping your portion at 3-4oz for women and 6-8 for men is appropriate! The healthy carb is the potato. Maintaining a 100-120 calorie complex carbohydrate portion is essential so measure and log! Lastly, healthy fat. Many would assume the corned beef has fat so that would count...however that is not what will increase your



metabolic rate, sustain hunger, and help with weight loss. GetGreat members know what to add and how much to this meal!

Want to learn more? Did you know all of my recorded seminars can be found on my website under EVENTS?? Click the image and watch THE PERFECT PLATE to learn more about the Getufit Trifecta!

## ***Instant Pot Traditional Corned Beef***

### ***Ingredients***

- 2 pounds Corned Beef + Spice Packet
- 1 Sweet Onion, (quartered)
- 1 pounds Carrots, (cut in half)
- 1 pounds Small Red Potatoes, (whole)
- 1 (12oz) Beer - use gluten free if needed or even just water
- 2-3 Cups Water
- 1 Green Cabbage, (quartered)

### ***Instructions***

1. Place onions, corned beef, season packet ingredients, carrots, potatoes, beer in a large slow cooker or Instant Pot. Add enough water to just cover corned beef.

#### **Slow cooker:**

1. Cook on low for 9 hours
2. Add the cabbage and cook on high for 1-1.5 hours.

#### **Instant Pot:**

1. Cook for 20 minutes and slow release.
2. Add cabbage and cook again for 4 minutes on steam. Fast release.

**SERVES 8**

**MARCH 16**

**6:00 pm CST**

**Free Virtual**

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