

Reuben Bake With Meatballs

(Adapted from [Seeking Good Eats](#))

1 lb ground beef, 80/20 ground chuck
1 lb pork sausage (or a 12 oz can of corned beef, if following a low carb diet watch the carbs and ingredients)
1/4 cup nutritional yeast, almond flour, or breadcrumbs
1/2 tsp onion powder
1 tsp caraway seeds
1/2 tsp parsley, dried
2 garlic cloves
1 tsp salt
1/2 tsp pepper
2 eggs
1 Tbsp tomato paste
1/3 cup ketchup

Casserole

1 tbsp olive oil or butter (to grease skillet)
2 cup sauerkraut, drained and rinsed
1 tsp caraway seeds
1 can cream of mushroom soup
1/2 cup thousand island dressing
1 cup swiss cheese

Preheat oven to 350 degrees. Grease the bottom of a 12" cast-iron skillet with olive oil or butter.

In a large mixing bowl, mix ground beef, sausage, nutritional flakes (or breadcrumbs), seasoning, eggs, tomato paste, and ketchup until combined. Divide mixture into 22 to 24 meatballs and place in your oven proof skillet. Bake at 350 degrees for 20 minutes. Remove from oven and sprinkle sauerkraut over meatballs.

In a small bowl, mix thousand island, cream of mushroom soup, and caraway seeds together.

Spread the soup mixture over the meatballs then top with cheese. Place casserole back in the oven and bake until cheese is melted and bubbly, approximately 15 minutes.