

Reuben Sauce

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1 onion, chopped
1/2 cup sauerkraut, chopped
1 teaspoon caraway seeds
olive oil
2 tablespoons mayonnaise
2 tablespoons ketchup
2 tablespoons sweet pickle relish
dash Worcestershire sauce
1/2 cup Swiss cheese, grated

In a saucepan with olive oil, cook the onion, sauerkraut and caraway seeds for 8 minutes until browned.
Stir in the mayonnaise, ketchup, relish, Worcestershire sauce and Swiss cheese.

Per Serving (excluding unknown items): 553 Calories; 40g Fat (61.5% calories from fat); 20g Protein; 36g Carbohydrate; 7g Dietary Fiber; 62mg Cholesterol; 1691mg Sodium. Exchanges: 2 Lean Meat; 3 Vegetable; 4 Fat; 1 Other Carbohydrates.