
Reuben Soup II

Kathy Goldman

Nettles Island Cooking in Paradise - 2014

1 cup chopped onion
1 cup chopped celery
1/4 cup butter or margarine
2 cups chicken broth
2 cups beef broth
1 teaspoon baking soda
1/4 cup cornstarch
1/4 cup water
1 1/2 cups sauerkraut, drained
4 cups milk
4 cups chopped cooked corned beef
2 cups Swiss cheese, shredded
salt
pepper
rye croutons (optional)

Use a four-quart Dutch oven or four-quart slow cooker.

Chop the onion and celery. Transfer to the pot. Stir in the broth and baking soda. Simmer until the celery is tender. In a bowl, combine the cornstarch and water. Add to the pot. Stir in the sauerkraut, milk, corned beef and butter.

Cover and simmer, stirring occasionally, until the meat is tender. Salt and pepper to taste. Add the cheese. Garnish with the rye croutons.

To cook in the slow cooker: In the bowl of the slow cooker, combine all of the ingredients except the cheese. Cook on HIGH heat for four to five hours. Add the cheese during the last 30 minutes.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2322 Calories; 144g Fat (55.7% calories from fat); 134g Protein; 125g Carbohydrate; 14g Dietary Fiber; 465mg Cholesterol; 9333mg Sodium. Exchanges: 2 Grain(Starch); 11 1/2 Lean Meat; 6 Vegetable; 4 Non-Fat Milk; 22 Fat.