

Low-Carb Reuben in a Skillet: A Quick & Cheesy Corned Beef Recipe

(3-4 lbs) with seasoning packet included.



TIME
5 min

METHOD
Slow cooker

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INGREDIENTS

For the Corned Beef: 1 Corned Beef Brisket: (3-4 lbs) with seasoning packet included. 2 tbsp Brown Mustard: For a tangy crust. 1 tbsp Worcestershire Sauce: To add depth of flavor.:

For the Skillet: 2 tbsp Butter: For frying the sauerkraut. 1 jar (16-24 oz) Sauerkraut: Drained (but keep a little juice for moisture). 6-8 slices Swiss Cheese: Enough to cover the entire skillet.:

For the Homemade Thousand Island Dressing: 1/2 cup Mayonnaise 1 tbsp Brown Mustard 2 tbsp Diced Pickles: (Ensure they are sugar-free for keto). 1 tsp Pickle Juice 1/2 tsp Garlic Powder 1/2 tsp Paprika:

DIRECTIONS

1. method is essential for that "melt-in-your-mouth" texture.
2. The : Skillet Matters:
3. Using a cast-iron skillet helps get those crispy edges on the sauerkraut that make this dish feel gourmet.
4. Balance the : Tang:
5. If your sauerkraut is too sour, give it a quick rinse under cold water before frying it in the butter.

SWAPS & NOTES

The Meat: If you don't have time for a full 8-hour crockpot cook, you can use thick-cut deli corned beef or pastrami.

Just chop it up and toss it into the skillet with the sauerkraut.

The Cheese: While Swiss is classic, Gruyère or even Provolone works beautifully if you want a different melt profile.

Sauerkraut: Make sure to drain your sauerkraut well before adding it to the buttered skillet to prevent the dish from becoming watery.

TIPS FOR SUCCESS

Don't Rush the Beef: Corned beef is a tough cut; the low and slow 8-hour crockpot method is essential for that "melt-in-your-mouth" texture.

The Skillet Matters: Using a cast-iron skillet helps get those crispy edges on the sauerkraut that make this dish feel gourmet.

Balance the Tang: If your sauerkraut is too sour, give it a quick rinse under cold water before frying it in the butter.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/low-carb-reuben-in-a-skillet-a-quick-cheesy-corned-beef-recipe/>