

YIELDS: 4

Pimento Cheese Vegetarian Reuben

When I became a vegetarian twenty plus years ago, the only thing I missed were Reubens. I love the combination of sauerkraut, thousand island dressing, and pumpernickel bread. As far as I am concerned, those are the key flavors of a Reuben! In this vegetarian version, I keep all those traditional flavors, plus add even more of a kick with pimento cheese and marinated tempeh. You will never have to miss the taste of a deli Reuben again!

PREP TIME

2 Hours 45 Minutes

TOTAL TIME

3 Hours 5 Minutes

Ingredients:

8 slices of pumpernickel bread
I can't believe it's not butter spray
1 C Sauerkraut

Pimento Cheese:

2 cups shredded 2% extra-sharp Cheddar cheese
8 ounces lite cream cheese, softened
1/2 cup lite mayonnaise
1/4 teaspoon cayenne red pepper
1/4 teaspoon onion powder
1/4 teaspoon Mrs. Dash Table Seasoning
1 (4 ounce) jar diced pimento, drained

Thousand Island Dressing:

2/3 C Lite mayo
1/8 cup ketchup
1/2 TSP apple cider vinegar
1/2 TBSP shallots
1 TBSP sweet pickle relish
pinch of salt
pinch of chili powder
1/4 TSP pimentos
chives to garnish
1/2 TSP Worcestershire sauce

Tempeh:

1 8oz package of tempeh, sliced thin



1/2 small shallot, chopped small
1/3 C pickled beet juice
1 C worcestershire sauce, save 1/3 for cooking
1/2 C water

Instructions:

- To make the Pimento Cheese, mix all ingredients in a medium bowl until completely combined. Set aside.
- To make the Thousand Island Dressing, mix all ingredients in a small bowl until completely combined. Set aside.
- To make the Tempeh, slice into thin strips and place in a medium shallow dish. Combine pickled beet juice, worcestershire sauce, shallot and water and add to tempeh. Allow to marinate for 2 hours. Drain the marinade from the tempeh. Heat large pan over medium-high heat. Spray with non-stick spray and add tempeh. Cook tempeh for 4-5 minutes, flip and add 1/3 of worcestershire sauce. Cook for an additional 4-5 minutes until crisp. Remove from heat and set aside.
- To assemble the sandwiches, place a piece of parchment paper on your work surface, spray one side of each piece of bread with butter spray, flip the buttered sides so they face down on the parchment paper. On one side of the bread, spread 1/8 cup of Pimento Cheese Spread, top with 1/4 of the cooked Tempeh and 1/4 cup of sauerkraut. On the other slice of bread, spread 2 TBSP of the Thousand Island Dressing.
- Heat large pan with non-stick spray over medium heat. Place assembled sandwiches in pan and cook for 4-5 minutes per side. Slice each sandwich in half and serve with chips or popcorn and a dill pickle.
- *You will have left-over Pimento Cheese Spread which would be great for snack with carrots, cucumbers and celery. Use left-over Thousand Island Dressing for salads or sandwiches.