

Kentucky Hot Brown Sandwich

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Servings: 4

*5 slices bacon
1 small onion, chopped
2 tablespoons all-purpose flour
1 1/4 cups milk
1 1/4 cups low-sodium chicken broth
1 1/4 cups grated muenster OR monterey jack cheese
Kosher salt
freshly ground pepper
4 thick slices white bread, toasted
Dijon mustard (for spreading)
1 tomato, sliced
3 cups roast turkey, shredded or sliced
1/4 cup fresh parsley, chopped*

Preheat the broiler.

In a large skillet over medium heat, cook the bacon until crisp, about 10 minutes. Transfer to a paper towel-lined plate. Pour out all but about one tablespoon of fat from the skillet.

Make the sauce: Add the onion to the skillet. Cook, stirring, until softened, about 3 minutes. Add the flour. Cook, stirring, for 1 more minute. Increase the heat to medium-high. Add the milk and chicken broth. Bring to a boil, stirring. Reduce the heat to medium-low. Simmer, stirring, until slightly thickened, about 6 minutes. Remove from the heat. Stir in one cup of the cheese. Season with salt and pepper.

Arrange the bread on a baking sheet. Spread each slice with mustard, then drizzle with some of the sauce. Top with the tomato. Add the turkey to the skillet with the remaining sauce. Toss to coat. Divide the turkey among the bread, then sprinkle with the remaining 1/4 cup of cheese. Broil until golden, about 2 minutes.

Crumble the bacon over the sandwiches. Sprinkle with the parsley.

Per Serving (excluding unknown items): 201 Calories; 8g Fat (34.8% calories from fat); 11g Protein; 24g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 316mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.