



Crockpot Corned Beef and Cabbage

Ingredients:

- 4 pounds corned beef brisket
- 6 cups water
- 2 tsp. black peppercorns
- 4 cloves garlic
- 2 tsp. dried mustard
- 1 cabbage cut into wedges or 8 cups
- 1 cup onions sliced
- 1 cup celery stalks chopped
- OPTIONAL: 1 cup carrots sliced into thirds (Phase 4)

Directions:

1. Place beef brisket into the slow cooker. Discard the spice packet that comes with the meat.
2. Cover the beef with water, add more to cover if needed.
3. Add the spices into the pot.
4. Cover and set on "Meat/Stew" for 60 minutes on high.
5. Hit Cancel then use the Natural Release method, about 20 minutes.
6. Remove cover carefully, watching for steam, remove brisket and keep warm.
7. Add vegetables to the pot and press "Soup" setting for 15 minutes.
8. Use the "Quick" Release method.
9. Uncover and add the beef back to the pot to warm through.
10. Enjoy!

Crock Pot Directions:

1. Add all ingredients into the crock pot except the cabbage, meat is fat side up.
2. Cook on low for 6 hours or until veggies are tender.
3. In the last hour, add the cabbage.
4. Enjoy!

Servings: Makes 8 servings!

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