



GBS HEALTH & WELLNESS

Corned Beef & Cabbage

Adapted from spendwithpennies.com

Seasoning Adapted from hildaskitchenblog.com and keytomylime.com



About this Recipe

Preparing a St. Patrick's Day-inspired dish is a fitting way to welcome the changing season that March brings. In this Americanized take on Ireland's bacon and cabbage, we replace the bacon with corned beef and slow cook it for a taste that will keep you coming back for more.

Cabbage is a source of prebiotics, providing important food to keep gut bacteria flourishing!

INGREDIENTS

- › 1 corned beef brisket (includes seasoning package) *
- › 1 onion, chopped
- › 3 gloves garlic, crushed
- › 2 bay leaves
- › 2.5-3 cups of water
- › 2 lb potatoes (Yukon gold would go well with this), cut into cubes
- › 2 large carrots, chopped
- › 1 small head of cabbage, chopped

DIRECTIONS

1. Add onions to bottom of slow cooker, then lay brisket over top and add seasoning packet to top of corned beef
2. Add water to slow cooker until it covers the beef, then add garlic and bay leaves to the sides
3. Cook on low for 3 hours, then add potatoes and carrots
4. Continue to cook on low for another 3 hours, then add cabbage 2 hours before serving (total cook time before adding cabbage is 6 hours)
5. Remove beef from slow cooking and let rest for 15 min
6. Serve with potatoes, carrots and cabbage from the slow cooker



TIP

The leftovers can be repurposed in a hash or on a sandwich with a dill relish!

* SEASONING PACKET INGREDIENTS

If not Included with corned beef brisket

- > 2 bay leaves
- > 1 tsp peppercorns
- > ½ Tbsp mustard seeds
- > ½ Tbsp coriander seeds
- > ½ tsp anise seeds
- > ½ tsp crushed red pepper flakes
- > ¼ tsp dill seed

