

Corned Beef and Cabbage in the Crock Pot

Paula Macri - Gattuso's Bella Cucina
Scripps Newspapers

2 1/2 pounds corned beef brisket
1 medium sweet onion, sliced
1 large stalk celery, cut in thirds
4 medium potatoes, peeled and halved
4 medium carrots, peeled and cut into thirds
1 cup beef bouillon or beef broth
1 bay leaf
1 large clove garlic, chopped
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
4 small cabbages, cut into wedges
1 teaspoon caraway seeds (optional)

Cut the brisket to fit into a large crock pot. Place the onions, celery, potatoes and carrots in the bottom of the crockpot. Lay the corned beef on top of the vegetables.

In a small bowl, whisk together the bouillon, bay leaf, garlic, Worcestershire sauce and dry mustard. Pour over the brisket and vegetables.

Cook on LOW heat for about eight hours, adding the cabbage wedges during the last hour of cooking.

When everything is cooked, remove the corned beef and slice on a serving plate. Serve with the potatoes and cooked vegetables.

Per Serving (excluding unknown items): 2409 Calories; 168g Fat (64.0% calories from fat); 170g Protein; 43g Carbohydrate; 11g Dietary Fiber; 606mg Cholesterol; 1559mg Sodium. Exchanges: 0 Grain(Starch); 19 Lean Meat; 8 Vegetable; 19 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	2409	Vitamin B6 (mg):	3.8mg
% Calories from Fat:	64.0%	Vitamin B12 (mcg):	19.8mcg
% Calories from Carbohydrates:	7.3%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	28.7%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	168g	Folacin (mcg):	129mcg
Saturated Fat (g):	53g	Niacin (mg):	44mg
Monounsaturated Fat (g):	80g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
			0.0%

