

# Corned Beef (GF) and Cabbage (GF, V)

Ingredients	SERVINGS Yields 6	Serving Size 3oz Corned Beef, 1/2C Cabbage	Prep Time 5 Minutes	Cook Time 7 Hours
1 1/2 2 cloves 1 (4lb) 2 1 24 1	potatoes, small red   GF, V garlic, peeled   GF, V corned beef brisket w/seasoning packet, rinsed, trimmed   GF cloves, whole   GF, V onion, small   GF, V carrots, baby   GF, V cabbage, small, white, cut into 8 wedges   GF, V			

## Directions

Arrange potatoes and garlic on bottom of slow cooker. Place corned beef on top of vegetables and sprinkle with seasoning from packet. Push cloves into onion and add to cooker. Add enough water to just cover meat; cover and cook on low until tender (6 hours and 30 minutes to 8 hours).

Transfer meat to cutting board and cover with foil to keep warm. Transfer potatoes to bowl and cover with foil to keep warm. Add carrots and cabbage to cooker, turn to high, cover, and cook until just tender (about 30 minutes).

Slice beef across grain and serve with potatoes, carrots, and cabbage.

## Nutrition

Per serving

560	Calories
68g	Protein
30g	Carbohydrates
19g	Fat
8g	Saturated Fat
5g	Fiber
561mg	Sodium
216mg	Cholesterol