



# CROCK POT CORNED BEEF AND CABBAGE

March 17

National Corned Beef & Cabbage Day



## INGREDIENTS

- 2½ Pounds Corned Beef Brisket, without bone, 1/4-inch trim
- 1 Large Onion (sliced)
- 6 Medium Red Potatoes (peeled and halved)
- 2 Cups Baby Carrots
- 1 Beef Bouillon Cube
- 1 Clove Garlic (minced)
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dry Mustard
- Spice Packet (that comes with the corned beef brisket; optional)
- 1 Pound Cabbage (cut into wedges)
- 1 Teaspoon Caraway Seeds
- 2 Cups Low-Sodium Beef Broth

## DIRECTIONS

1. Trim the brisket of all visible fat.
2. Spray a large crockpot with nonstick spray.
3. Place the onion, potatoes, and carrots in the bottom of the crockpot, and corned beef on top.
4. Whisk together the bouillon, garlic, worcestershire sauce, dry mustard, and beef broth.
5. Pour the liquid over the brisket.
6. Sprinkle the included spice packet over the corned beef (optional). Cover pot.
7. Cook on low setting for 8-10 hours, or on high for 4-5 hours, adding the cabbage wedges and caraway seed for the last hour of cooking.
8. To serve, discard cooking liquid, slice meat into 28, 1 ounce slices.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

28 Slices Brisket +  
13¾ Cups Vegetables

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slice Brisket + ⅓ Cup Vegetables	1½ Slices Brisket + ¼ Cup Vegetables	2 Slices Brisket + ½ Cup Vegetables	2 Slices Brisket + ½ Cup Vegetables