

# Corned "Beef" and Cabbage Soup

I made this recipe for St Patricks Day as a life long corned-beef-and-cabbager growing up. This isn't exactly like the boiled dinners I grew up having, but in my opinion, it's better!



PREP TIME

10 mins

TOTAL TIME

6 hrs 10 mins



COURSE

Dinner, Lunch, Sides



SERVINGS

8 servings

CALORIES

228 kcal

## INGREDIENTS

- 2 bags Gardein Beefless Tips
- 2 medium onions
- 4 large Baby Carrots
- 2 large turnips
- 3 medium Cooked Potatoes
- 1 c fresh parsley chopped
- 1 head Cabbage
- 6 c vegetable broth
- 2 bay leaves
- 1/2 tsp ground mustard powder
- 1 tsp cracked black pepper

## INSTRUCTIONS

### Crock Pot:

1. Put all ingredients in a crockpot and cook on high for 6 hours.

### Stovetop:

1. In a very large pot, add all ingredients, and bring to a boil.
2. Lower heat to a simmer and cover. Cook for 1 hour.

## NUTRITION

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### Nutrition Facts

Corned "Beef" and Cabbage Soup

**Amount Per Serving**

<b>Calories</b>	228	Calories from Fat	45
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		<b>% Daily Value*</b>	
<b>Fat</b>	5g		8%
Saturated Fat	0.4g		3%
Polyunsaturated Fat	1g		
Monounsaturated Fat	3g		
<b>Sodium</b>	495mg		22%
<b>Potassium</b>	993mg		28%
<b>Carbohydrates</b>	36g		12%
Fiber	8g		33%
Sugar	12g		13%
<b>Protein</b>	15g		30%
<b>Vitamin A</b>	5000IU		100%
<b>Vitamin C</b>	108.9mg		132%
<b>Calcium</b>	140mg		14%
<b>Iron</b>	3.4mg		19%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!