

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

Nutrition Facts	
Corned "Beef" and Cabbage Soup	
Amount Per Serving	
Calories 228	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Saturated Fat 0.4g	3%
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Sodium 495mg	22%
Potassium 993mg	28%
Carbohydrates 36g	12%
Fiber 8g	33%
Sugar 12g	13%
Protein 15g	30%
Vitamin A 5000IU	100%
Vitamin C 108.9mg	132%
Calcium 140mg	14%
Iron 3.4mg	19%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!