Slow Cooked Corned Beef and Cabbage

By Chris Morocco from realsimple.com

## **Inexpensive, easy to cook, and delightfully tender and satisfying, Corned Beef and Cabbage proves a pleasing meal any time—not just on St. Patrick’s Day. At the grocery, look for corned beef brisket. In some cases, the meat will come with a spice packet, which you’ll add to the slow cooker. But some brands cure the meat before packaging; if it’s labeled as “corned,” you’re set. We developed a recipe that cooks over 7 or 8 hours on low, but is also ready after 4 to 5 hours of cooking on high, for quicker preparation, or even a warming Sunday supper.**

INGREDIENTS

1. 4 fresh thyme sprigs, plus leaves for serving
2. **1** teaspoon caraway seeds
3. **1** 3-pound piece corned beef brisket (with spice packet, if included)
4. **1** pound carrots, cut in half crosswise (and in half lengthwise if thick)
5. **½** small green cabbage, cut into thin wedges
6. **1** pound small red potatoes
7. Dijon mustard, for serving

INSTRUCTIONS

1. Combine the thyme, caraway seeds, beef (cut in half to fit if necessary) with spice packet, carrots, cabbage, potatoes, and ½ cup water in a 5- to 6-quart slow cooker. Cook, covered, until the beef is tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total recipe time).
2. Transfer the beef to a cutting board and thinly slice.
3. Serve warm with the carrots, cabbage, potatoes, and mustard, sprinkled with fresh thyme leaves.

