

Corned Beef and Cabbage I



What's more Irish than a traditional recipe for corned beef and cabbage? Serve with mustard or horseradish if desired.

Prep: 10 mins

Cook: 2 hrs 25 mins

Total: 2 hrs 35 mins

Servings: 5

Yield: 5 servings



Ingredients

3 pounds corned beef brisket
with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-
inch pieces

1 large head cabbage, cut into
small wedges

Directions

Step 1

Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Step 2

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

Step 3

Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

Nutrition Facts

Per Serving: 839 calories; protein 49.6g; carbohydrates 68.9g; fat 41.3g; cholesterol 147mg; sodium 3377.5mg.