



# Slow Cooker Corned Beef & Cabbage



prep time  
10 minutes



total time  
5 hours,  
10 minutes



servings  
6

## Ingredients

- 2-3 pounds/900-1,350 grams of corned beef brisket with spice packet (28 to 42 servings of protein, 14 to 21 servings of fat\*)
- 1.5-2 pounds/675-900 grams of potatoes, chopped (~7 to 9 servings of carb)
- 1 medium sized onion, chopped (~1 serving of veggies)
- 2 cups/209g of small carrots (~1 serving of carb)
- 1 small head of green cabbage (~4 servings of veggies)
- 4 cups of water

## Instructions

- 1 Add potatoes, carrots and onion to the slow cooker.
- 2 Add corned beef brisket on top. Then pour water on top of all the ingredients. Sprinkle the spice packet on top of the meat.
- 3 Cook HIGH 4-5 hours or LOW 8-10.
- 4 Add cabbage and cook for an additional 15-30 minutes or until cabbage is tender. Slightly underdone is best for the cabbage because it will continue to cook once you remove it.



Whole recipe serving breakdown:  
28 to 42 Servings Protein  
7 to 10 Servings Carb  
14 to 21 Servings Fat  
5 Servings Veggies

\*Beef brisket is a much fattier cut of meat. We have included the rough approximation for the amount of fat in the meat, however your meat may be leaner than this. Use your judgement to any fat adjustment you choose to make for this recipe in terms of compliance with template servings, or just enjoy it as a delicious meal and not worry about the precise servings!

 holiday favorite

