



## Corned Beef & Cabbage

**Prep: 10 minutes**

**Cook: 3 hours 35 minutes • Serves: 8**

- 1 (3- to 4-pound) corned beef brisket with seasoning packet
- 1 large onion, cut into 8 wedges
- 8 medium red potatoes, halved
- 6 small carrots
- 1 small head cabbage, cut into 8 wedges
- Coarse grain mustard for serving (optional)

**1.** In Dutch oven or large saucepot, add brisket and seasoning packet; add enough cold water to cover. Heat to boiling over high heat; reduce heat to low. Add onion; cover and cook 3 hours.

**2.** Add potatoes, carrots and cabbage; cook 30 minutes or until vegetables are tender.

**3.** To serve, slice corned beef across the grain; serve with vegetables and mustard, if desired.

*Approximate nutritional values per serving:*

*676 Calories, 38g Fat (13g Saturated), 194mg Cholesterol, 1976mg Sodium, 43g Carbohydrates, 7g Fiber, 41g Protein*

### Chef tip

*Try using rainbow heirloom carrots for additional color.*