

Corned Beef & Cabbage

JANEVA EICKHOFF



SERVINGS : 8

TIP

Be sure to check the ingredients when choosing a corned beef brisket; many of them contain sugar in their brine. There are plenty of brands to choose from that don't include sugar. The Horseradish Sauce may be made a day in advance. One baby carrot adds 4 calories and .5 net carbs; omit them in the recipe to reduce carb count.

NUTRITION INFO (per serving, does not include Horseradish Sauce):

Calories — 435 Fat — 28 g Protein — 34 g
Carbs — 13 g Fiber — 4 g Net carbs — 9 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 4 lb. corned beef brisket with seasoning packet (I use Morton's of Omaha®)
- 1 C. beef broth
- 1 C. water
- 1 C. baby carrots
- 2 medium yellow onions, each peeled and cut into 6 wedges
- 1 medium head cabbage, cored and cut into 12 wedges
- Horseradish Sauce

DIRECTIONS (INSTANT POT)

1. Add beef broth and water to instant pot. Stir seasoning packet that comes with the corned beef brisket into broth mixture. Place corned beef brisket in instant pot, fat side up.
2. Cover and lock the instant pot with the lid; vent should be on sealing mode. Push 'manual' button (defaults to high pressure) and set cooking time for 1 hour and 15 minutes. (Instant pot should automatically start cooking.) When time is up, use quick release.
3. Meanwhile, prepare Horseradish Sauce by combining all ingredients in a medium mixing bowl. Cover and store in fridge.
4. After releasing pressure from instant pot, place carrots, onions, and cabbage (in order) over brisket. Cover and lock the lid, place vent on sealing. Cook another 15 minutes on high pressure. Let naturally release for 10 minutes and then quick release.
5. While vegetables are cooking with brisket, preheat oven to 350 degrees.
6. Place cooked brisket and vegetables on a rimmed baking sheet; bake 15 minutes to brown brisket.
7. Cut slices of the brisket across the grain, and layer on a platter with veggies for serving. Drizzle with juices from instant pot; serve with Horseradish Sauce.

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N U T R I T I O N I N F O (p e r s e r v i n g , d o e s n o t
i n c l u d e H o r s e r a d i s h S a u c e) :

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I N G R E D I E N T S

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1 medium head cabbage, cored and cut into 12 wedges
Horseradish Sauce

D I R E C T I O N S (S L O W C O O K E R)

1. To a slow cooker, add beef broth and enough water to cover brisket; stir seasoning packet into broth mixture. Place corned beef brisket in slow cooker, fat side up. Trim brisket to fit if necessary.
2. Cover and cook on high 6 hours; add vegetables. Cover and cook an additional 2 hours.
3. Meanwhile, prepare Horseradish Sauce. Store in fridge.
4. Preheat oven to 350 degrees.
5. Place cooked brisket and vegetables on a rimmed baking sheet; bake 15 minutes to brown brisket.
6. Cut slices of the brisket across the grain, and layer on a platter with veggies for serving. Drizzle with juices from slow cooker. Serve with Horseradish Sauce.