



Connecting schools and students  
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# Corned Beef and Cabbage

Servings: 6

## Ingredients:

- 3 lb corned beef brisket w/spice packet
- 2 Tbsp pickling spice
- Water (enough to cover)
- 1 onion, quartered
- 6 medium potatoes, halved
- 6 large carrots, peeled and chunked
- 1 head green cabbage, cut in wedges
- Salt and Pepper to taste

## Instructions:

1. In a pot, cover brisket with water, add spice packet, pickling spice, and onion. Cover and simmer for 2-2 1/2 hours until tender. Do not boil.
2. Add potatoes and carrots. Cover and simmer 30 minutes.
3. Add cabbage. Cover and simmer 15 minutes.
4. Remove brisket and veggies. Slice brisket against the grain.
5. Can serve meat with a tangy sauce, like mustard or horseradish.

Source: [www.smalltownwoman.com](http://www.smalltownwoman.com)

## Nutrition Facts

6 servings per container

Serving size

Amount per serving

**Calories** **510**

% Daily Value\*

Total Fat 15g 19%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 1140mg 50%

Total Carbohydrate 53g 19%

Dietary Fiber 10g 36%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 41g

Vitamin D 0mcg 0%

Calcium 121mg 10%

Iron 6mg 35%

Potassium 1499mg 30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.