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# Corned Beef and Cabbage

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 8

**4 pounds corned beef**

**1 onion**

**3 to 4 potatoes, chunked**

**3 carrots**

**3 to 4 rutabagas (optional)**

**1/2 to 3/4 head cabbage, cut in thin wedges**

Place the corned beef in a large kettle or crockpot. Cover with water.

Slice the onion and place it around the beef. Cook all day in the crockpot or simmer for at least five to six hours in the kettle.

An hour before serving, add the carrots, potatoes and rutabagas. Cook for 45 minutes. Add the cabbage. Simmer until the cabbage is tender, about 15 to 20 minutes.

Serve with Irish Soda Bread.

## **Beef**

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*Per Serving (excluding unknown items): 54 Calories; trace Fat (2.1% calories from fat); 1g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable.*