

## Beef

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# Corned Beef and Vegetables

Winn-Dixie

**2 stalks celery, halved**  
**4 carrots, cut into 2-inch pieces**  
**1 medium onion, cut into wedges**  
**6 red potatoes, quartered**  
**1 4-pound corned beef brisket**  
**2 cups beef broth**  
**1 tablespoon pickling spices**  
**1 medium cabbage, cut into 6 wedges**

Place celery, carrots, onions and potatoes in the bottom of a large slow cooker.

Rinse the corned beef brisket and place over the vegetables.

Add the broth, spices and enough water to just cover the meat.

Cover and cook on LOW for 8 to 9 hours.

Remove the meat and vegetables from the slow cooker and cover with foil to keep warm.

Increase heat to HIGH and cook cabbage until softened but still crispy, 20 to 30 minutes.

Slice brisket across the grain, serve with vegetables, mustard or horseradish source.

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Per Serving (excluding unknown items): 4234 Calories; 269g Fat (58.1% calories from fat); 301g Protein; 136g Carbohydrate; 21g Dietary Fiber; 970mg Cholesterol; 4968mg Sodium. Exchanges: 5 Grain(Starch); 33 Lean Meat; 9 Vegetable; 30 1/2 Fat.