
Corned Beef in Beer (Slow Cooker)

Lyn Becker

St Therese de Lisieux Commemorative Cookbook -2010

Servings: 6

6 medium potatoes, peeled and quartered
3 medium onions, peeled and quartered
1 cup carrots, thinly sliced
3 to 4 pound corned beef brisket (with spice packet)
1 cup beer

In a slow cooker, place the potatoes, onions and carrots.

Trim the excess fat from the corned beef brisket. Place the meat on top of the vegetables. Pour the beer over all.

Cover and cook on LOW heat for nine to eleven hours.

Slice the beef brisket thinly across the grain. Serve with the vegetables.

Beef

Per Serving (excluding unknown items): 143 Calories; trace Fat (1.6% calories from fat); 3g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable.