

Corned Beef (Slow Cooker)

Mrs Donald B Reidel

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 to 4 pound corned beef
brisket
water
1/2 cup onion, chopped
2 cloves garlic, crushed
2 bay leaves*

Place the corned beef in the slow cooker.

Cover with water.

Add the onion, garlic and bay leaves.

Cover and cook on LOW for ten to twelve hours.

Per Serving (excluding unknown items): 208 Calories; 13g Fat (55.7% calories from fat); 14g Protein; 9g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 107mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.