

# Guinness Corned Beef and Cabbage

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## Servings: 9

2 pounds red potatoes, quartered  
1 pound carrots, cut into three-inch pieces  
2 ribs celery, cut into three-inch pieces  
1 small onion, quartered  
1 three to three-1/2 pound corned beef brisket with spice packet  
8 whole cloves  
6 whole peppercorns  
1 bay leaf  
1 bottle (12 ounce) Guinness Stout or reduced-sodium beef broth  
1/2 small head cabbage, thinly sliced prepared horseradish

## Preparation Time: 20 minutes

## Cook Time: 8 hours

In a six-quart slow cooker, combine the potatoes, carrots, celery and onion. Add the corned beef (discard the spice packet or save for another use).

Place the cloves, peppercorns and bay leaf on a double thickness of cheesecloth. Gather the corners of the cheesecloth to enclose the seasonings. Tie securely with string. Place in the slow cooker. Pour the stout over the top.

Cook, covered, on LOW for eight to ten hours or until the meat and vegetables are tender, adding the cabbage during the last hour of cooking. Discard the cheesecloth with the seasonings.

Cut the corned beef diagonally across the grain into thin slices.

Serve the corned beef with the vegetables and prepared horseradish.

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Per Serving (excluding unknown items): 125 Calories; 1g Fat (9.1% calories from fat); 3g Protein; 28g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Fat.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

|                  |     |                  |      |
|------------------|-----|------------------|------|
| Calories (kcal): | 125 | Vitamin B6 (mg): | .4mg |
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