
Corned Beef II (Slow Cooker)

Mary Ann Frechette

Nettles Island Cooking in Paradise - 2014

1 (3-1/2 to 4 pound) corned beef brisket

1 tablespoon prepared mustard

1 1/2 teaspoons cream style horseradish

2 tablespoons red wine vinegar

1/4 cup molasses

In a slow cooker, cover the corned beef with water. Cover and cook on LOW heat for ten to twelve hours (or HIGH heat for four to six hours) or until tender. Drain.

Preheat the broiler to 400 degrees. Place the brisket in the broiler.

In a small bowl, combine the mustard, horseradish, vinegar and molasses. Brush the brisket with the sauce. Bake for 20 minutes.

Cut into thin slices.

Beef, Slow Cooker

Per Serving (excluding unknown items): 290 Calories; 5g Fat (14.8% calories from fat); 5g Protein; 59g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 253mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 4 Other Carbohydrates.