## **Guinness Corned Beef and Cabbage**

Karin Brodbeck - Red Hook, NY Taste of Home Magazine - Feb/Mar 2014

## 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.

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

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% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Cholesterol (mg):	9.1% 81.6% 9.3% 1g trace trace trace Omg	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	0mcg .1mg .1mg 32mcg 2mg 0mg 0
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	28g 5g 3g 45mg 815mg 66mg 2mg 1mg 32mg 12679IU	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	1 1/2 0 1 0 0 0

## **Nutrition Facts**

Servings per Recipe: 9

Amount Per Serving			
Calories 125	Calories from Fat: 11		
	% Daily Values*		
Total Fat 1g	2%		
Saturated Fat trace	2%		
Cholesterol 0mg	0%		
Sodium 45mg	2%		
<b>Total Carbohydrates</b> 28g	9%		
Dietary Fiber 5g	22%		
Protein 3g			
Vitamin A	254%		
Vitamin C	53%		
Calcium	7%		
Iron	9%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.