**[Carol’s Corned Beef and Cabbage](http://zradio.org/quick-family-recipes/corned-beef/" \t "_blank)**

Happy St. Patty’s Day…do you have your green outfit picked out, yet? I accidentally wore my one green shirt on Monday…what was I thinking? I hope I don’t get pinched.

So today we are making our quickest, easiest prep meal ever…Corned Beef and Cabbage. Even though we find it synonymous with St. Patrick’s Day, I recently learned that this is an American St Patty’s Day tradition…In Ireland, you’d more likely find lamb instead on this day of celebration! I also found it interesting that the salt used to cure the meat was large chunks of salt known as corn, so that’s how it got its name. Thought I’d throw in a little bit of history there for you!

This is a simple crockpot recipe…everything is in one pot. I bought a 3 lb corned beef filet and got about 6 full meals out of it with the veggies.  You can do everything the night before…about 5-10 minutes of prep then dump it all in the crockpot in the morning…all you have to do is set it and forget it!

**What Cut of Meat Do I Choose?** I learned when I got to the counter that there are two different cuts to choose from – flat vs point. Point is fattier and more marbled, which means more flavor, but my family (including me;) is a on the picky side and won’t eat the fat, so we get flat. It’s a leaner cut. That way we can peel off the layer of fat and enjoy more of the meat when it’s done.

**Ingredients:**

* 4 Carrots peeled and chopped into large chunks
* 6-8 Red Potatoes, cleaned and quartered
* 1 Onion, cut into chunks
* 3-5 lb filet of Corned Beef (Point or Flat)
* 1 small head of cabbage, cut into 8 chunks (reserve the outer leave and use those for cabbage rolls later this week!:)
* 4-5 cups Beef Broth
* 1 tbsp Apple Cider Vinegar
* 1 tbsp Light Brown Sugar
* Seasoning packet that comes with corned beef

**How to Make:**

* Add quartered red potatoes, chopped carrots and chopped onion to the bottom of your crockpot.
* I bought the flat cut of meat and placed the fat side down over the veggies, except the cabbage.

**Pro Tip:**Most people cook their corned beef by filling the pot with water, but if you sub out the water for 4 cups of beef broth and add a tablespoon of apple cider vinegar along with a tablespoon of light brown sugar and whisk in the seasoning packet that comes with your corned beef, then you’ve got an amazing cooking liquid that adds flavor to your meat and veggies.

* Whisk together your cooking liquid and pour over your veggies and meat. Make sure your cooking liquid is up to the level of your meat.

**Pro Tip:** A lot of people put their veggies on top, but then you miss out on the most amazing flavor. By placing the fat side down means that the juices and fat flow into your veggies as they cook, giving them amazing flavor. With the exception of cabbage…I always place the cabbage on top. You don’t want it mushy, so if you add to the bottom it’s going to overcook and get mushy.

* Throw the crockpot on low and let it go for 8-9 hours. All my Southern friends who know and love Brisket BBQ will understand this meat. It will become fork tender the longer you cook it. Low and slow in the crockpot is the motto for today’s Quick Family Recipe.

**Ready to Serve:**

**Pro Tip:**Cut against the grain if you want perfect slices like brisket or use two forks to pull apart if you prefer pulled meat.

* Serve your Corned Beef over cabbage. I usually grab another bowl for the carrots, onions and potatoes at the end.
* If you find yourself with any leftovers, chop everything and throw it in a skillet in the morning with olive oil and then add egg…Corned Beef Hash makes the best breakfast and it’s nothing like the stuff in the can that we grew up with!

Enjoy!:)

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Originally posted on [Carolbake.com](http://carolbake.com/)

[**Carol’s Corned Beef and Cabbage**](http://zradio.org/quick-family-recipes/corned-beef/) – **How to Get the Kids Involved!**

* You can get the kids involved this time by have them help you with prep…mixing the cooking liquid ingredients together.
* Also, kids love to plan things, so let them be part of the celebration by putting them in charge of decorating the dining room green for you. They can make green place card holders for each person if you want to get fancy!
* A fun game to play with the family is to go around the table and have everyone try out their best Irish accent! The family member with the best accent doesn’t have to do dishes! The good news on this Quick Family Recipe is that there really are no dishes except the ones you used to eat on…everything was made in the crockpot, so clean up is a breeze! But, your family will always remember trying out Irish accents and not having to be part of clean up if they win. Hopefully there’s turn out better than Ellis, who may or may not sound like a mixture of a Jamaican and pirate accent!

Enjoy!:)

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