

Corned Beef and Cabbage



PREPARATION TIME
10 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
pumpernickel bread



A whole brisket of corned beef will yield approximately 8 servings. You can save considerable dollars by purchasing the whole piece, slicing your own portions and freezing the leftovers.

SHOPPING LIST

- corned beef • cabbage
- potatoes

ON HAND

- sugar • bay leaf
- garlic • salt • pepper

INGREDIENTS

- 8 cups water
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 bay leaf
- 1 teaspoon minced garlic
- 1½ teaspoons pepper
- 1 head cabbage, quartered
- 8 red potatoes
- 8 (½-inch-thick) slices deli corned beef

SERVES **4**

COOK'N *Express*

- To quickly minimize the odor of cooking cabbage, add a quarter of a fresh lemon to the cooking water.

Make Ahead

This dish is perfect for a make-ahead meal. Prepare up to 24 hours ahead and refrigerate until ready to reheat and serve.

♦ VARIATION

For a well-balanced dinner, add 1 cup each sliced carrots and celery to the pot in step 1.

- 1** Combine water, salt, sugar, bay leaf, garlic and pepper in a 4-quart soup pot. Bring to a boil.



- 2** Reduce heat to medium. Add cabbage and potatoes to pot; cook for 5 minutes.

- 3** Add sliced corned beef to pot. Cook for 15 minutes.



- 4** Remove cabbage, corned beef and potatoes. Remove and discard bay leaf. Serve immediately.