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## ***Slow Cooker Corned Beef and Cabbage***

- 1 (4 - 5 pound) corned beef, rinsed
- 1 Medium head of cabbage, cut into 2-inch wedges
- 6 Red potatoes, halved
- 4 Carrots, cut into ½-inch chunks
- 1 Medium onion, cut into ½-inch chunks
- 2 Cups low sodium chicken stock or water
- 8 Ounces beer (any unflavored kind will do; you can substitute water here, as well)
- 3 Large bay leaves
- 1 Tbsp Dijon mustard
- 1 Tsp black pepper corns

- 1) Place onions, carrots, and potatoes in the bottom of a large slow cooker pot.
- 2) Rinse the corned beef and lay it over the vegetables. Add in bay leaves, pepper corns, and Dijon mustard.
- 3) Pour beer and stock over everything. Make sure liquid covers most of the corned beef; if not, add more water or stock. Cover and cook on low setting for 8 hours.
- 4) Add the cabbage to the slow cooker and cook until cabbage is just tender (about 30 minutes).
- 5) Plate beef and veggies.
- 6) Slice beef against the grain and serve with extra mustard.

Makes 4 Servings.

