

CORNED BEEF AND CABBAGE

- 3 to 3-1/2 lbs. ready-to-cook corned beef, preferably flat-cut
- 1-1/4 cups vegetable broth (or white wine, if preferred)
- 1/2 pound of potatoes, cut into 1- to 2-inch pieces
- 1/2 pound of rutabagas and turnips
- 2 to 3 large carrots (about 1/2 pound), peeled and cut into 1- to 2-inch pieces
- 1/2 small head green cabbage (about 1 pound), core left intact, cut into 4 wedges
- 3 tablespoons Dijon mustard, plus more for serving
- Salt
- Black pepper

Directions:

Remove the corned beef from its packaging and reserve the spice packet (if provided). Rinse the beef well and pat it dry with paper towels. If you don't rinse the meat well it will be too salty. Trim away excess fat, keeping the thinnest layer of fat on top. If there is no spice packet, salt and pepper your meat and add 2 tablespoons of grainy mustard.

Place the meat, spices and vegetable in a slow cooker with the fat facing up. Cook on high for at least 4 hours, then add your vegetables on top and cook on low for an additional 4 hours until the vegetables and beef are tender and the meat reads a minimum temperature of 145 degrees F.

If you want to make sure your vegetables are not overcooked, you can skip adding the vegetables to the slow cooker and cook them separately on the stove top until tender in a bit of olive oil and vegetable broth for approximately 30 minutes. If you choose this method, keep your meat on high cooking separately for approximately 6 hours until cooked. Please note that slow cookers vary in cook times and this recipe is a forgiving one as long as you have enough liquid in the pan(s).

If you cook your meat completely first, you may use some of the juice from the meat as part of the liquid used to cook your vegetables.

Add salt to taste. Serve with additional mustard.