

# Southern Delight®

## Corned Beef & Cabbage

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### INGREDIENTS

1 3-4 lb. Corned Beef Brisket sliced thinly against grain (see recipe no. 351)  
1/2 Head Cabbage cut into 4 wedges      8 Medium Carrots  
8 Small-Medium Potatoes                      1 tsp. Black Pepper  
1 tsp. Salt Substitute                              3 tsp. Sugar  
2 Tbsp. Extra Virgin Olive Oil                  2 tsp. Dried Parsley  
Water to cover vegetables in pot              2 Tbsp. Corn Starch  
1 C Cold Water

### DIRECTIONS

Wash and quarter Potatoes and put into pot large enough to hold Potatoes, Carrots and 1/2 head Cabbage. Wash and third Carrots, add to Potatoes, add Pepper, Salt Substitute and Sugar. Bring to a boil, reduce to simmer for 20 min. Wash cabbage, removing outer leaves. Cut head in half, then cut one of the halves into four wedges. Cut out the small piece of core from each wedge, then add the 4 Cabbage wedges to the pot. Simmer 10-15 min. or so until carrots are nearly tender.

Add Corn Starch to small container that can be tightly closed, add 1 C. Cold Water and shake to blend. Add Corn Starch mixture and Dried Parsley to pot. Drain well and serve with Sliced Corned Beef. Serves 4. Enjoy!

No Salt Added...***Just Great Taste!***™

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