

Recipe

Corned Beef and Cabbage Soup

Ingredients:

2 teaspoons olive oil
2 leeks, chopped (white and green parts only)
2 cloves garlic
3 medium carrots, chopped
1 yellow pepper, chopped
1 lb. lean corned beef brisket (yields 9 oz cooked)
6 cups of water
2 bay leaves
¼ cup chopped parsley, plus more for garnish
1 small head cabbage, cored and chopped
1 large potato, peeled and cubed
fresh pepper to taste

Directions:

In a large pot or Dutch oven, **heat** oil over medium low heat. **Add** leeks and **sauté** until soft, about 4-5 minutes; **add** garlic, carrots and yellow pepper and **sauté** about 2-3 minutes.

Add corned beef, peppercorns or seasoning packet that comes with the corned beef, bay leaves, parsley and water; **cover** and bring to a boil. **Simmer** covered on low heat for 3 hours, until the meat becomes tender.



Remove the corned beef, set it on a cutting board and **shred** with a fork. **Return** it to the pot then **add** the cabbage and potatoes, taste for salt and pepper and adjust as needed. **Cook** until the potatoes and cabbage are tender, about 45 more minutes.

Makes 9 cups.

Nutrition:

Per serving – 281 calories; 12.2 g fat; 31.6 g carbohydrates; 13.7 g protein