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Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition

CORNERED BEEF & CABBAGE

Hearty • Traditional • Full of Flavor

Luke 11:42 (KJV)

"...ye tithe
mint and rue
and all manner
of herbs..."

HERBS & THEIR BENEFITS



BAY LEAF

Aromatic and savory,
enhances flavor and
aids digestion.



THYME

Earthy and soothing,
perfect for slow-cooked
meats and vegetables.



PARSLEY

Bright and fresh,
rich in vitamins
and antioxidants.



ROSEMARY

Piney and warming,
adds depth to
hearty dishes.



MUSTARD SEEDS

Adds a mild tang
and aids digestion.

RECIPE HIGHLIGHTS



Tender, slow-cooked
corned beef brisket.



Classic Irish flavors
with herbs and spices.



Perfect for family dinners,
holidays, and gatherings!



CORNERED BEEF



CABBAGE



POTATOES



CARROTS



ONION



GARLIC



HERBS & SPICES

MADE WITH SIMPLE INGREDIENTS

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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

