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Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition



IRISH CORNED BEEF & CABBAGE

Hearty • Traditional • Simply Delicious

INGREDIENTS

- 3-4 lb corned beef brisket with spice packet
- 1 small head green cabbage, cut into wedges
- 6 red potatoes, halved
- 4 large carrots, cut into chunks
- 1 large onion, quartered
- 3 cloves garlic, smashed
- 4 cups beef broth or water
- 2 bay leaves
- 1 tsp whole black peppercorns
- 1 tsp mustard seeds (from spice packet)
- 1 tsp dried thyme or 2 sprigs fresh thyme
- 1 tbsp apple cider vinegar (optional)
- Fresh parsley, chopped for garnish

DIRECTIONS

1. **Rinse the corned beef** under cold water and place in a large pot or Dutch oven. Add the spice packet, garlic, onion, bay leaves, peppercorns, thyme, and beef broth or water. The liquid should just cover the meat. Bring to a boil.
2. Reduce heat to low, cover, and simmer for 2½ to 3 hours, or until the corned beef is fork-tender.
3. Add the potatoes and carrots to the pot. Cover and cook for 20 minutes.
4. Add the cabbage wedges and cook for another 15-20 minutes, until all vegetables are tender.
5. Remove corned beef and let rest for 10 minutes. Slice against the grain.
6. Serve hot with vegetables and broth. Garnish with fresh parsley.

MADE WITH SIMPLE INGREDIENTS



CORNED BEEF



CABBAGE



POTATOES



CARROTS



ONION



GARLIC



HERBS & SPICES



NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE



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Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

HERBS & THEIR BENEFITS



THYME

Supports immune health and adds earthy depth to stews.



BAY LEAF

Aids digestion and helps reduce bloating; adds aromatic flavor.



GARLIC

Supports heart health and circulation; adds rich flavor.



PARSLEY

Rich in antioxidants and vitamins; adds freshness and color.



BLACK PEPPER

Enhances nutrient absorption and adds gentle heat.

RECIPE HIGHLIGHTS



A classic Irish comfort food perfect for family dinners and celebrations.



Tender corned beef with hearty vegetables and flavorful broth.



Great for St. Patrick's Day, holidays, or any cozy night in.



Pair with Irish soda bread or whole grain mustard.

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