

# Corned Beef with Cabbage

Makes multiple servings (1 protein, 1 vegetable)
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22 grams protein
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9 grams fat
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200 calories
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## Ingredients

- extra lean Beef brisket, total weight calculated in 100 gram increments
- 100 grams of cabbage per serving (100 grams) of beef
- ½ cup apple cider vinegar
- ½ onion, chopped
- 1 teaspoon powdered mustard
- ¼ teaspoon fresh thyme
- 1 bay leaf
- Pinch of allspice
- 1 teaspoon whole black peppercorns
- Liquid smoke to taste (optional)
- Sea salt and pepper to taste



## Directions

1. Sea salt and pepper the beef and lightly dust with mustard.
2. Put meat, onion and spices into a crock pot or large pot and cover with water.
3. Add vinegar.
4. Bring to a boil and then reduce heat and simmer for 1 hour.
5. Skim the fat from the water as it rises.
6. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender.
7. Slice thinly across the grain, measure into equal servings, and serve with **Horseradish Dipping Sauce**. (recipe on our website)



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