

## March 2017 TV Recipes- Corned Beef Recipes

# Slow Cooked Corned Beef

Total recipe time: HIGH 6 to 7 hours or on LOW 9 to 10

Makes 6 to 8 servings.

- 3 pound boneless corned beef brisket
- 3 ribs celery, cut into 3-inch lengths
- 2 medium onions
- 1 cup baby carrots
- 8-12 small red potatoes, cut in half
- 3 1/2 cups water
- 1 pound green cabbage, cut into 3-inch wedges
- 1/2 cup water
- Salt and Pepper
- Chopped parsley

1. Place celery, onions, carrots and potatoes in a 4-6 quart slow cooker; top with corned beef brisket, fat side up. Add corned beef seasoning packet and 3 1/2 cups water. Cover and cook on HIGH 6 to 7 hours or on LOW 9 to 10 hours, or until brisket is fork tender. Remove beef and vegetables; set aside. Discard cooking liquid.
2. Place cabbage in a 2-quart microwave safe dish; add 1/2 cup water. Cover and microwave on high for 10 minutes or until cabbage is tender. Drain cabbage and add to platter with beef and vegetables. Add salt and pepper as desired. Carve corned beef diagonally across grain into thin slices. Garnish with chopped parsley, if desired.



# Pepper-Apricot Glazed Corned Beef

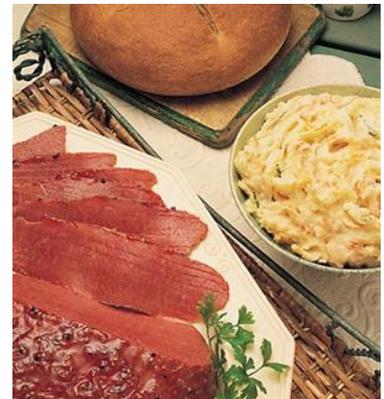
Total Recipe Time: 2-3/4 to 3-3/4 hours

Makes 6 to 8 servings

- 1 boneless Corned Beef Brisket (2-1/2 to 3-1/2 pounds)

### Glaze:

- 1/4 cup apricot preserves
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced
- 1/4 teaspoon coarse grind black pepper



1. Place corned beef brisket in Dutch oven; add water to cover. Bring just to a simmer; do not boil. Cover tightly and simmer 2-1/2 to 3-1/2 hours or until fork-tender.

2. Combine glaze ingredients in 1-cup glass measure. Microwave on HIGH 2 to 3 minutes, stirring once. Remove brisket from water; trim fat. Place on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Brush top of brisket with glaze; broil 2 to 3 minutes or until glazed. Carve diagonally across the grain.

*Nutrition information per serving, 1/8 of recipe: 226 calories; 15 g fat (5 g saturated fat; 7 g monounsaturated fat); 78 mg cholesterol; 904 mg sodium; 7 g carbohydrate; 0.0 g fiber; 15 g protein; 2.4 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 1.5 mg iron; 26.2 mcg selenium; 3.7 mg zinc; 55.3 mg choline. This recipe is an excellent source of protein, vitamin B<sub>12</sub>, selenium and zinc; and a good source of niacin, vitamin B<sub>6</sub> and choline.*

# Corned Beef Hash

Total Recipe Time: 35 to 40 minutes

Makes 4 servings

- 12 ounces cooked Corned Beef or thickly sliced deli Corned Beef, cut into 1/4-inch pieces
- 1 to 2 tablespoons vegetable oil
- 4 cups cubed unpeeled potatoes (such as red-skinned, baking or sweet potatoes)
- 2 medium leeks, thinly sliced
- 1/2 teaspoons garlic salt
- Fried or poached eggs (optional)



1. Heat 1 tablespoon oil in large nonstick skillet over medium heat until hot. Stir in potatoes, leeks and garlic salt. Cover and cook 12 to 16 minutes or until potatoes and leeks are tender, stirring occasionally. Remove cover and continue to cook 3 to 5 or until potatoes begin to brown, stirring occasionally and adding remaining 1 tablespoon oil to prevent sticking, if needed.

2. Add Corned Beef to skillet. Continue to cook 2 to 3 minutes or until beef is heated through. Serve hash with fried or poached egg, if desired.

*Nutrition information per serving, using deli Corned Beef: 248 calories; 8 g fat (2 g saturated fat; 2 g monounsaturated fat); 47 mg cholesterol; 1140 mg sodium; 30 g carbohydrate; 3.4 g fiber; 17 g protein; 1.9 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 4.1 mg iron; 1.2 mcg selenium; 0.6 mg zinc; 28.8 mg choline. This recipe is an excellent source of protein, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and iron; and a good source of fiber.*

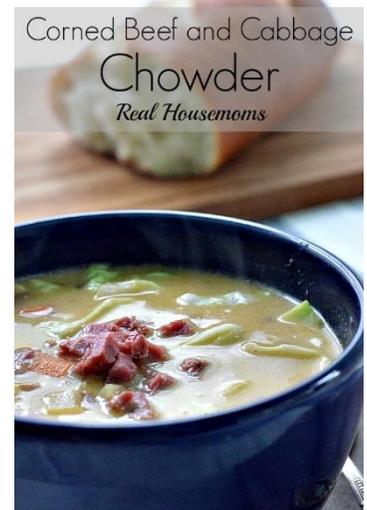
# Corned Beef and Cabbage Chowder

Total Recipe Time: 40 minutes

Makes 6 servings

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 medium carrots, diced
- 3 cups of potatoes, peeled and cut into 1/2-inch cubes
- 1 teaspoon salt
- 26 oz. beef broth
- 1/4 cup butter
- 1/4 cup flour
- 2 cups milk
- 3 cups of cooked Corned Beef, diced
- Salt and pepper to taste
- 1 to 2 cups of Dubliner cheese, shredded
- 1/4 of a head of cabbage, shredded

1. Heat oil in a large pot over medium heat. Add onion, carrots and potatoes to the pot. Season with salt. Sauté vegetables 8 to 10 minutes, until they start to get tender, stirring frequently.
2. Add beef broth; cover and bring to a simmer.
3. In a separate, small saucepan melt the butter over medium heat. Whisk in flour and keep stirring for 1 minute to cook the flour. Stir in milk and cook over low to medium heat, stir frequently until thick and creamy.
4. Stir the milk mixture into the large pot with vegetables and broth.
5. Add in the corned beef and allow to simmer for 15 minutes. Stir in the cheese and cabbage and cover allowing the cabbage to cook for 3 to 5 minutes (be sure not to overcook the cabbage).



Recipe adapted from: [Realhousemoms.com](http://Realhousemoms.com)

# Reuben Pasta Salad

Total Recipe Time: 20 minutes

Makes 8 servings

- 3 cups medium pasta, uncooked
  - ¼ cup minced white onion
  - 1 cup sauerkraut, drained
  - ½ cup dill pickles, chopped
  - 2 cups corned beef, sliced or cubed
  - 1 cup cubed Swiss cheese
- Dressing**
- ⅔ cup mayonnaise
  - ⅓ cup sour cream
  - ⅓ cup thousand island dressing
  - 1½ tablespoons Dijon mustard
  - 3 tablespoons sauerkraut brine or juice
  - 1½ teaspoons caraway seeds
  - Salt & pepper to taste



1. Cook pasta according to package directions. Drain and run under cold water.
2. Combine all dressing ingredients in a small bowl.
3. Toss all ingredients with dressing. Refrigerate 1 hour before serving.
4. Drizzle with extra thousand island dressing before serving if desired.

Recipe adapted from: [Spend with Pennies](#)

# Reuben Sandwich Pinwheels

Total Recipe Time: 10 to 15 minutes

Makes about 60 appetizers

- 5 large flour tortillas
- 8 ounces cream cheese, softened
- 1 cup shredded Swiss cheese
- 1/4 cup Thousand Island salad dressing
- 15 slices deli Corned Beef
- 1/4 cup sauerkraut, drained and squeezed dry



1. Using an electric mixer, mix together the softened cream cheese, shredded Swiss cheese and salad dressing until creamy and spreadable.
2. Lay out the soft flour tortillas. Divide the cream cheese mixture and spread onto each tortilla. Top with corned beef slices and sauerkraut, leaving ½-inch around the edge of just cream cheese.
3. Gently roll up all five tortillas. Wrap in plastic wrap and refrigerate for one hour.

Recipe adapted from: [52 Ways To Cook](#)

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