

Slow Cooker Corned Beef and Cabbage

The slow cooker is the perfect way to get the most flavor from your corned beef and cabbage.

Slow Cooker Corned Beef and Cabbage Ingredients

4 cups hot water

2 tbsp apple cider vinegar

2 tbsp splenda

1/2 tsp ground pepper

1 Large onion, cut into wedges

3 lb corned beef with spices

1 head of cabbage

Directions

In a 6 quart crock pot, combine the water, vinegar, splenda, pepper, and onions, mixing well.

Place the corned beef into the mixture.

Cover and cook on high heat for 4 hours.

<http://www.diabeticconnect.com/diabetic-recipes/general/2259-slow-cooker-corned-beef-and-cabbage>

