

## 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.

Remove the lid and scatter the cabbage wedges over the top.

Cover and continue cooking on high 3 to 4 hours longer, or until the beef is tender.

To serve, carve the beef into slices and serve with the cabbage, with some of the cooking liquid spooned over the beef to keep it moist.

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

