

Instant Pot Corned Beef, Cabbage and Veggies

Adapted from Pressure Cooking Today



- 3 pound corned beef brisket, brined in the package
 - 4 cups low sodium beef broth
 - 1 large onion, cut in wedges
 - 8 cloves garlic
 - 3 large carrots, cut into 1/2-inch pieces
 - 1 small Savoy cabbage, cut into 8 wedges
- Yield: 6 servings

Per Serving (excluding unknown items): 487 Calories; 34g Fat (63.9% calories from fat); 36g Protein; 7g Carbohydrate; 2g Dietary Fiber; 123mg Cholesterol; 3117mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 46mg Calcium; 4mg Iron; 871mg Potassium; 306mg Phosphorus. Exchanges: 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Rinse the corned beef under cold water to remove herbs and seasonings, and discard brine.
2. Place onions and garlic in bottom of pot. Place corned beef on top and add about 3 cups of beef broth or water.
3. Lock the lid in place and cook under high pressure for 70 minutes. When beep sounds, allow pot to cool for 10 minutes, then manually release any remaining pressure. When valve drops carefully remove lid. Test meat for tenderness. If necessary, continue cooking under pressure for another 10 minutes if the brisket is not done.
4. Remove the corned beef and set aside, covered lightly with foil.
5. Add carrots and cabbage to the broth in the Instant Pot. Lock the lid in place. Select high pressure and set the timer for 2 minutes. When beep sounds, turn off pressure cooker and do a quick pressure release to release pressure. When valve drops carefully remove lid. Check vegetables for done-ness. If they're not done, cook under pressure for one more minute.
6. Slice corned beef across the grain into serving pieces and place on a platter along with the vegetables. Serve with grainy mustard and horseradish on the side.