

# Crock Pot Corned Beef and Cabbage

St. Patrick's Day is upon us and what easier way to cook corned beef than in your crock pot. I buy the slow cooker bags from the grocery store to make clean up super easy. I may look 100% Irish but I'm actually 1/3 Irish, 1/3 Italian and 1/3 German. I wish I tanned like my mother who is pretty much 100% Italian. The sun and I aren't friends. St. Patrick's Day is one of those holidays that people celebrate whether they are Irish or not. Every St. Patrick's Day growing up my family and I would go over to my Italian grandmother's house for corned beef and cabbage...go figure. The one Sunday a year it wasn't pasta, gravy, bread, and cake. Celebrate your Irish side this corned beef and cabbage. Enjoy!

xoxo,  
Kristin

1. Add potatoes, carrots and onion to bottom of slow cooker.
2. Add corned beef brisket on top.
3. Pour water on top of all the food.
4. Sprinkle spice packet on top of meat and potatoes, vegetables.
5. Cook HIGH 4-6 hours or LOW 8-12.
6. Add cabbage and cook an 30-45 minutes or until cabbage is tender

Recipe from [fitslowcookerqueen.com](http://fitslowcookerqueen.com), serves 4

