

# Crock Pot Corned beef and cabbage

*(yes, this is a day early, but it's to motivate you to go out tonight and buy your supplies so you can make this amazing meal tomorrow)*

Happy St. Patrick's Day! Many of us will pretend to have some Irish heritage this week and join in celebrations across the country. Whether you attend a parade or just go to work with a "Kiss me, I'm Irish!" button, you can have a festive tradition meal ready by the time you come home.

I did a little research online and found out that "corned beef and cabbage is the traditional meal enjoyed by many on St. Patrick's Day, but only half of it is truly Irish. Cabbage has long been a staple of the Irish diet, but it was traditionally served with Irish bacon, not corned beef. The corned beef was substituted for bacon by Irish immigrants to the Americas around the turn of the century who could not afford the real thing. They learned about the cheaper alternative from their Jewish neighbors." ( from [www.religionfacts.com](http://www.religionfacts.com))

However it became traditional, this is one of my favorite spring meals. Also, if you have leftover corned beef, try making corned beef hash and poached eggs this weekend for a second great meal from this easy crock pot recipe.

1 2-3 lb. corned beef

1/2 head cabbage, wedged

1 onion, wedged

4 red potatoes, quartered

1 c. baby carrots

2 bay leaves

1/2 t. celery seed

salt and pepper

Place potatoes, carrots and onion in bottom of crock pot. If you have a trivet, you can use that to make it easier to lift the corned beef out when it is done cooking. Sprinkle seasonings on meat. Lay corned beef on veggies. Add about 1/2 c. water. Cook on high for 4-6 hours. Add cabbage on top of meat and cook for another hour.

Enjoy your festivities (responsibly please)! ☐

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## Crock Pot Pomme de Tara

A friend of mine wants to use her crock pot more, but has an allergy to tomatoes. After doing a little research, I agreed with her— most crock pot recipes seem to have some sort of tomato or tomato-based product in them! It is an injustice that my friend should not be able to embrace easy crock pot cooking more often. So, my next few recipes will definitely not be red. And if it's just that you don't like tomatoes, these might just become some of your new favorites too.

This is an easy potato casserole that gets jazzed up by the cheese and chips. Since the french word for potato is "pomme de terre", I am honoring my friend Tara with this recipe for "Pomme de Tara". Enjoy! ☐

**(Is there a recipe you'd like to see or an ingredient you'd like to avoid?? Click on my contact page and send me a note—I'm happy to post something just for YOU!)**

6-8 potatoes, diced

1 onion, chopped

4 T. butter, melted

1 c. milk

1 c. sour cream

1-2 garlic cloves, chopped fine

1 t. parsley

salt and pepper

1 cup Cool Ranch Doritos– crunched up into little bitty pieces

1 cup shredded cheddar cheese

Put potatoes and onions in the crockpot first. In a separate bowl, mix together melted butter, milk, sour cream and seasonings. Pour mixture over potatoes and onions and stir. Cook on low for 6 hours. Turn pot off and mix shredded cheese and Doritos into pot, but don't overstir– you don't want your soft potatoes to turn into mashed potatoes. Feel free to top this with crumbled bacon, chives or green onions. Makes a great side dish for breakfast, lunch or dinner!

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## Crock Pot Vegetarian Vegetable Soup

I love these days that are halfway between winter and spring. I'm pretty sure by mid-afternoon I'm going to be suffocating

in whatever I decided to wear because I was in fear of getting cold when I got dressed in the morning. Yeah, I think it's one of those days. Any day that starts with a gray sky is perfect for a crockpot soup. It means dinner will be fresh and filling, but you didn't have to turn the oven on in the late afternoon and warm up the whole house to 350 degrees.

You can definitely add variety to this soup depending on what vegetables you like. The cabbage adds some sweetness to the soup and depth to the flavor, so if you aren't a huge fan, then cut it down to 1/4 head of cabbage, but I wouldn't remove it completely. If you are a fan of gumbo, try adding some fresh or frozen okra halfway through cooking so it doesn't get too gooey by the end of the day.

If you prefer things with a little intensity, use spicy v8 instead and 1/2 t. of cayenne pepper for the whole pot or top your individual bowl off with a few shakes of Tabasco.

1/2 small head of cabbage, chopped  
1/2 sweet onion  
2-3 red potatoes, peeled and diced  
1 bag frozen mixed vegetables  
2 stalks celery, chopped  
2 cans petite diced tomatoes, no salt added  
1 c. V8 juice  
1 c. water  
salt, pepper  
2-3 bay leaves

Put everything in the crockpot on low for 8-10 hours or on high for 5-6 hours.

Remove bay leaves before serving.

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# Crock Pot Beef Stew

Last night I used my foodie knowledge to help a friend through a stressful moment. I described my love affair with Trader Joe's grocery store in such detail that she learned about my secret ongoing shopping list, what each item is that I crave and how I use one dish, three ways. By the end of my "foodologue" I think I had actually BORED her out of her anxiety attack.

It made me start thinking about comfort foods. For many people, it's what our mommies used to make for us or maybe what we had at favorite holidays. I wonder what my boys will recall as their favorite foods, twenty years from now. Today's recipe might top the list. The last time I made my beef stew, my boys and my husband all were members of the clean plate club. Definitely a recipe to repeat often! It's also easy to throw half of the finished product into tupperware and freeze it for another dinner, another time.

1 to 1 and 1/2 lbs beef stew meat, cubed  
8 oz. baby carrots  
5 stalks celery, cleaned and cut  
6-7 red potatoes, peeled and cut into quarters  
1 medium onion, cut into chunks  
8 oz. frozen green beans  
2 cloves garlic, chopped fine  
2 bay leaves  
1/2 t. rosemary  
1 cup beef bouillion  
3/4 cup leftover red wine  
1 can condensed tomato soup (don't add any water)  
salt and pepper  
(1 T. corn starch and 1/2 c. water to finish it off)

Dump everything into the crockpot. Set on low and cook for 8-9

hours until meat and vegetables are soft. Remove the meat and veggies and then mix in 1 T. corn starch that has been dissolved into 1/2 cup water. When the gravy thickens up, dump the meat and veggies back into the crockpot, mix it all together and serve.