

Low Carb Crock Pot Corned Beef and Cabbage

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Ingredients:

3 lb corned beef brisket
3 lb green cabbage
1 medium onion
½ cup water

Directions:

Cut cabbage into chunks and onion into slices.
Spray crock pot with non stick spray.
Layer cabbage and onion on bottom of crock pot and pour water over.
Lay corned beef over cabbage and onion.
Sprinkle spices over beef OR put them into a tea ball if you would rather not have them through your meal. They can easily be removed that way.
Cook on low 6-8 hours or high 4-6 hours.

Serves about 12 with 4oz of meat and cabbage to go with the meat.
About 4 net carbs per serving if you don't eat any of the onion
About 5 net carbs per serving if you eat about 1 Tbsp of the cooked onion