

Crockpot Irish Cabbage and Potatoes (GF,V)

Time: 4 hours 15 minutes

Ingredients:

8 large yukon gold potatoes, peeled and chunked

5 large carrots, cut in chunks on a diagonal

1 small head of cabbage, cored and chunked (or half a large)

2 tsp. kosher salt

1 cinnamon stick, broken in half

1 tsp. mustard seeds

1 tsp. whole black peppercorns

8 whole cloves

10 whole allspices

1/2 tsp. ground ginger

2 bay leaves, ripped in large pieces

5 - 6 c. vegetable stock



Directions:

In a large crockpot, add the vegetables and salt.

Using (2) two, 12x12 pieces of cheesecloth, folded in a triangle to double up, add all the loose spices and fold it up into a pouch, using one of the ends to tie it shut.

Add the two spice packets to the crockpot and then pour the vegetable stock over. Using a large spoon, push the vegetables and spice packets down to just submerge in the broth.

Set crockpot to at least 4 hours, stirring a few times to make sure vegetables continue cook within the broth. Can cook on longer, lower setting as well without stirring. If you like your cabbage slightly firmer, add the cabbage to the top only half-way through your crockpot time.

Serves 4-6.

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