

# INSTANT POT CORNED BEEF AND CABBAGE SOUP

Servings: 8

Total time: 1 hour 45 minutes

Active time: 30 minutes

## INGREDIENTS:

- 1 yellow onion, cut into wedges
- 4 cloves garlic, minced
- 1.5 lbs. grass-fed beef brisket
- 32 oz. organic beef stock
- 2 cups filtered water
- 1 head green cabbage, cut in wedges
- 5 red and/or yellow potatoes, cut into wedges
- 6 carrots, peeled and cut in 1.5-inch pieces on a diagonal
- Optional: fresh parsley and/or whole grain mustard for serving

## For DIY corned beef seasoning

- 1/2 Tbsp. peppercorns
- 1/2 tsp. coriander seeds
- 1/2 tsp. mustard seeds
- 1/4 tsp. anise seeds, optional
- 1/4 tsp. red pepper flakes, optional
- 2 Bay leaves
- Few pinches sea salt

*Seasoning notes: if you only have powdered form of the above, no problem, just skip the toasting step in the directions.*

## DIRECTIONS:

Pat beef dry with paper towel and lay flat on plate.

**To prepare seasonings**, heat cast iron or small pan over medium heat. Heat peppercorns, coriander, mustard, and anise seeds in pan, stirring frequently so that they don't burn. After several minutes, add red pepper flakes for the last minute. Once toasted, place in coffee grinder or blender and pulse several times. The goal here is to break them up a bit to release the flavors (not to turn them into a powder). Press seasonings onto beef brisket.

Combine onions, garlic, beef stock, water, beef with seasonings, bay leaves, and sea salt in Instant Pot. Cook on high-pressure for 90 minutes.

As steam is releasing, prepare veggies. Once pressure is released, remove beef, placing onto cutting board, and discard bay leaves. Add cabbage, carrots, and potatoes to Instant Pot. Cook on high-pressure setting for 4 minutes.

Meanwhile, use fork to shred brisket.

Use quick release and once steam has released, carefully remove lid and add shredded brisket.

Voila - you are done! Top with fresh parsley, a dollop of whole grain mustard, and serve hot! If you are feeling festive, serve with Irish soda bread. A rustic sourdough with butter would be equally delicious.

