

Corned TVP and Cabbage8 \$

The pickling spice "makes" this recipe-a MUST HAVE ingredient.

The dry soy chunks I bought at an Asian grocery store.

Either cooking method works but flavor is most robust and thorough with the crock pot method. However, the soy patties plump really nicely with the pressure cooker.

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| 2 cups vegetable broth | 1 tsp sage |
| 1 cup water | 2 cups soy chunks |
| 1/4 cup vinegar (distilled) | 4 cloves garlic, chopped |
| 3 Tbs dijon mustard | 1 onion, chopped |
| 3 Tbs horseradish, prepared | 4 medium golden potatoes cut into chunks |
| 2 Tbs soy sauce | 1 small or 1/2 large green cabbage, cut into chunks |
| 2 Tbs liquid smoke | 2 bay leaves |
| 2 Tbs maple syrup | |
| 2 tsp pickling spice | |
| 1 Tbs mustard seeds | |



Procedure

- Heat vegetable broth and water in microwave until hot. Put all ingredients except onion, potatoes and cabbage in crock pot and stir. Let this soak while you assemble the other ingredients. Turn crockpot on to high.
- Chop the onion, potatoes, cabbage and add to crockpot. Stir to coat and add more vegetable broth if needed. Initially crock pot will be FULL due to cabbage size. Cabbage will cook and shrink down and so if you are home, you can "baste" the veggies now that more broth is exposed. I was even able to add several more chunks of cabbage mid way through and baste them and have them cooked in time for dinner.
- Cook on high for 5-6 hours. When serving, you might try to take out the larger pieces of spices like the cloves if they might "bother" someone.
- ***
- Instant Pot Pressure Cooker** Instructions-We think the flavors blend better in the crock pot method, but if desired, instead of cooking crock pot method, lock lid into place, with the venting valve closed. Press "stew" program button. Press the "-" key to set time at 10-13 minutes depending on how big you left your potato slices. Set timer if using. Pot will take about 20 minutes to come up to pressure, will cook then go into warm mode.
- Hit "warm/cancel" to have Pot start to cool. Slowly vent off steam/do "quick release" venting method so food does not overcook.

Servings: 6

Yield: 1 cup per serving

Nutrition Facts

Serving size: 1/6 of a recipe (16.6 ounces).

Amount Per Serving	
Calories	239.24
Calories From Fat (3%)	8.34
	% Daily Value
Total Fat 1.71g	3%
Saturated Fat 0.29g	1%
Cholesterol 0mg	0%
Sodium 714.87mg	30%
Potassium 906.69mg	26%
Total Carbohydrates 47.02g	16%
Fiber 9.27g	37%
Sugar 11.69g	
Protein 12.69g	25%

Source

Modified from <http://vegweb.com/recipes/slow-cooker-corned-beef-and-cabbage#sthash.NmJa1vH9.dpuf>

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