



CROCK POT ITALIAN BEEF

MAKES 4 SERVINGS

INGREDIENTS

- 1 1/2 LB BRISKET OR BEEF CHEEK
- 1 TBSP ITALIAN SEASONING
- 4 CLOVES GARLIC, WHOLE
- 1/4 TSP SEA SALT
- 1/4 TSP BLACK PEPPER
- 1/2 CUP FILTERED WATER
- 1 TBSP RED WINE VINEGAR
- 1 SMALL GREEN CABBAGE
- 2 TBSP DIJON MUSTARD



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METHOD

COMBINE ALL THE SPICES TOGETHER AND RUB THEM ONTO THE MEAT. PLACE MEAT IN THE CROCK POT; ADD WATER AND RED WINE VINEGAR. COOK ON LOW FOR 5-6 HOURS. REMOVE THE BEEF AND SHRED THE MEAT, SKIMMING OFF VISIBLE FAT. RETURN LID AND ALLOW TO SIT 30 MINUTES BEFORE SERVING. MEANWHILE, CUT CABBAGE INTO THICK SLICES. PLACE IN PRESSURE COOKER FOR 2 MINUTES ON VEGETABLE SETTING. SERVE MEAT OVER CABBAGE STEAKS; DRIZZLE WITH DIJON MUSTARD.