

# Corned Beef and Cabbage



3 Pounds corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-inch pieces

1 large head cabbage, cut into small wedges



## Directions



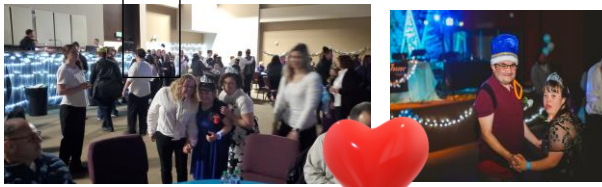
1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

IRISH TODAY  
CAREGIVER  
TOMORROW

"Mmmm...  
yum, yum!"



Corned Beef and Cabbage



Owners with Heart! Jenny and Brian enjoyed an evening at the "Night to Shine". A dance for special needs young adults and adults aged 14 and older. It was a truly magical evening.



Pueblo



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Visiting Angels is celebrating its 20<sup>th</sup> year in 2020. We will have special events throughout the year... We will continually post celebration events on our Facebook Page

## Big Celebration



### Spring Safety for Seniors Check list

#### Please look at this checklist



- Update your list of medications to have on hand for Dr.'s and family or caregivers
- Safely dispose of expired Medications
- Make sure your bathroom is safe by adding grab bars and an anti-slip tub mat/decals
- Install automatic lights in hallways or pathways outside to ensure they are lighted
- Look for and remove any tripping hazard

If you need our assistance making your home safe, please call our office



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