a better world begins on your plate

plant-based
eating ANIMAL PROTECTION OF NEW MEXICO

Corned "Beef" and Cabbage

Corned Beef and Cabbage is a traditional Irish dish that is often enjoyed around St. Patrick's Day.

Unripe jackfruit works wonders for vegan cooking and is used in this recipe to replace the corned beef.

Serve with fresh hearty bread such as Irish Soda Bread.

Serves 4-5

1 lb canned jackfruit (unripened)

½ onion, diced

1 carrot, cut into chunks

1 rib celery, chopped

½ small green cabbage, cut into small wedges

1 potato, cubed

1 ½ quarts vegetable stock

2 Tbsp pickling spices

1 ½ tsp smoked paprika

1 ½ tsp onion powder

1 bay leaf

Salt, pepper, and red pepper flakes, to taste

In a large pot, sauté onion, carrot, and celery until onion is translucent (about 5 min).

Drain and rinse the jackfruit pieces. Break up the pieces until they mimic the texture of corned beef. Add them to the pot with the vegetable stock and all the spices. Simmer for 30 minutes.

Add the potatoes and cabbage and continue simmering until potatoes are cooked to your liking and jackfruit is tender (about 15 min).

Adjust seasonings to taste.

Serve and enjoy!

Adapted from: https://veggiesociety.com/vegan-corned-beef-and-cabbage-corned-jackfruit/