

Natural Healing Express Weekly

Column 368 Happy St Patrick's Day

The last two weeks, we have been discussing hormones and how they physically work in the body. We are taking a short break this week to celebrate our Irish Heritage! Next week we will chat about stress disruption and weight control factors. Also, if you have interest in the Natural Medicine Kit Seminar, please get in touch this week as we are almost sold out!

Many of my closest friends are of Irish descent. I love celebrating St Patty's day with them and enjoying all the traditions that accompany such a fun holiday. This year, I will share with you a great recipe in conjunction with this event that will help feed your family. This one is borrowed from the Silver Fox at Silver Fox Broth and Tea Company.

Guinness Corned Beef

Prep Time = 15 Minutes, Cooking Time = 8 hours in Slow Cooker

Ingredients = 3-4 lbs. Corned Beef with Seasoning Packet, 14.9 oz. can of Guinness beer, ¾ cup water, 1 bay leaf, ¼ tsp. mustard seeds, ¼ tsp. caraway seeds, ¼ tsp. peppercorns, 1lb baby carrots, ½ cup chopped onions, 4 cups chopped cabbage.

Preparation Instructions;

1. Lightly grease interior of the crock pot with olive oil or use crock pot interior bag
2. Remove seasoning packet from corned beef. Rinse beef and place into crockpot
3. Pour beer and water over beef
4. Lay bay leaf on beef
5. In a small bowl, mix mustard seeds, peppercorn, caraway and seasoning packet. Spoon over meat.
6. Cover, cook on low for 8 hours or until internal thermometer reads 145 degrees.
7. At hour seven, add carrots and onions.

8. At hour 7.5 add in cabbage
9. To serve, lift beef and vegetables out of crockpot onto a serving platter.
10. Discard Bay leaf, but save broth for soup or cooking beans. Broth is ok to freeze.

Tips – There is nothing wrong with the small seasoning packet that comes with the store bought corned beef. It's just not nearly enough to season a full slow cooker, that's why I add the extra seasoning.

I serve with mashed potatoes and mustard or horseradish for the beef.

Thank you to everyone who has reached out regarding the Natural Medicine Kit seminar. I believe we have enough interest to host one at Natural Healing Express here in Lena. Please pencil in your calendar for Saturday, April 6th. We will start at 10:00 am and be complete by 12:15pm. This will include a Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express