

SAUCES & DIPS

Baked Brisket Au Jus

17 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$3.66	466 kcal

Baked Brisket Au Jus could be just the gluten free, dairy free, and whole 30 recipe you've been looking for. For \$3.66 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals. One portion of this dish contains about 60g of protein, 21g of fat, and a total of 466 calor...

Ingredients

☐ 5 pound beef brisket	☐ 4 rib celery ribs
☐ 1 cup brewed coffee	☐ 1 large onion, sliced
☐ ¼ teaspoon pepper	☐ 2 teaspoons salt
☐ ½ cup tomato paste	☐ ½ cup tomato sauce
☐ 1 tablespoon Worcestershire sauce	

EQUIPMENT Frying pan, Oven, Knife, Roasting pan

Method

- 1 Place brisket, fat side up, in a roasting pan.
- 2 Sprinkle with salt and pepper. Top with onion and celery.
- 3 Stir together tomato paste, tomato sauce, and Worcestershire sauce; pour over beef.
- 4 Bake brisket at 325 for 1 hour. Cover and bake 2 more hours, basting with pan juices occasionally.

- 5 Add coffee; cover and bake 2 more hours, checking every 30 minutes for dryness.
- 6 Add 1/4 cup water, if necessary.
- 7 Remove brisket from pan; let stand 20 minutes.
- 8 Cut brisket across grain into thin slices using a sharp knife.
- 9 Strain pan drippings, and serve with sliced brisket.

Nutrition per serving

466

KCAL

60 g

PROTEIN

21 g

FAT

6 g

CARBS

Saturated Fat	7.4 g · 46% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	3.6 g · 4% of daily needs
Sodium	1,037 mg · 45% of daily needs
Cholesterol	176 mg · 59% of daily needs
Vitamin C	6.3 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/baked-brisket-au-jus-143287