



Basic Beef Brisket in a Dutch Oven

 Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 pound brisket
- ☐ 1 cup beef broth
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 tablespoons chili powder
- ☐ 0.3 cup cider vinegar
- ☐ 3 tablespoons flour all-purpose

- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup catsup
- ☐ 2 tablespoons olive oil
- ☐ 2 large onions sliced
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup water cold

Equipment



- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Sprinkle brisket with seasoned salt and black pepper.
- ☐ Heat oil in a Dutch oven over medium-high heat. Sear brisket in hot oil until browned on both sides.
- ☐ Transfer brisket to a large plate. Cook and stir onions and garlic in the Dutch oven until vegetables are softened, about 6 minutes. Return brisket to the Dutch oven.
- ☐ Whisk beef broth, ketchup, brown sugar, vinegar, chili powder, bay leaves, and cayenne pepper together in a bowl; drizzle broth mixture over brisket.
- ☐ Bring beef mixture to a boil; reduce heat to low and cover. Simmer until beef is very tender and easily falls apart when pulled with a fork, 2 1/2 to 3 hours.
- ☐ Remove and discard bay leaves.
- ☐ Transfer beef to a platter, reserving liquid in the Dutch oven. Slice beef.
- ☐ Whisk water and flour together in a small bowl; stir into the Dutch oven and bring to a boil until sauce is thickened.
- ☐ Serve sauce over sliced brisket.

Nutrition Facts



 **PROTEIN 37.3%**  **FAT 37.65%**  **CARBS 25.05%**

Properties

Glycemic Index:39.33, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:28.222174146901%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 532.96kcal (26.65%), Fat: 22.19g (34.15%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 30.68g (11.16%), Sugar: 22.87g (25.41%), Cholesterol: 140.61mg (46.87%), Sodium: 957.21mg (41.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.47g (98.94%), Vitamin B12: 5.54µg (92.32%), Zinc: 10.16mg (67.72%), Vitamin B6: 1.19mg (59.58%), Selenium: 40.48µg (57.83%), Vitamin B3: 10.6mg (52.98%), Phosphorus: 506.27mg (50.63%), Iron: 5.73mg (31.83%), Vitamin B2: 0.53mg (31.33%), Potassium: 1072.45mg (30.64%), Vitamin A: 1429.53IU (28.59%), Vitamin E: 3.55mg (23.64%), Vitamin B1: 0.3mg (19.85%), Magnesium: 72.5mg (18.12%), Manganese: 0.31mg (15.75%), Copper: 0.29mg (14.75%), Vitamin K: 11.63µg (11.07%), Fiber: 2.55g (10.19%), Vitamin B5: 0.96mg (9.6%), Folate: 38.09µg (9.52%), Vitamin C: 5.92mg (7.17%), Calcium: 60.02mg (6%)