



## BBQ Beef Brisket

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 brisket
- 8 servings salt and pepper
- 2 Tbs cooking oil for searing
- 1 tsp onion powder
- 0.5 tsp garlic powder
- 0.5 tsp paprika smoked
- 0.5 tsp cumin
- 0.3 tsp ground pepper (use)

- 1.5 cups barbecue sauce
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.5 tbsp cornstarch

## Equipment

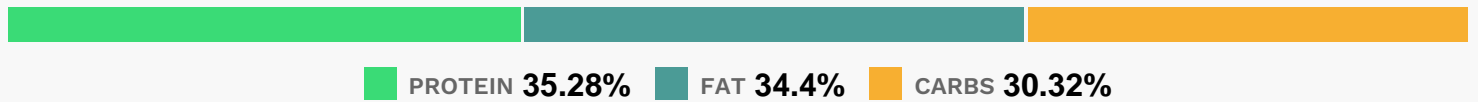
- bowl
- frying pan
- sauce pan
- stove
- slow cooker
- cutting board

## Directions

- Trim any large, thick pieces of fat from the brisket (dont remove all of the fat because it keeps the meat moist during cooking and adds flavor)
- Sprinkle brisket with salt and pepper.
- Mix the onion powder, garlic powder, smoked paprika, cumin, and cayenne pepper together in a small bowl.
- Dry rub both sides of the brisket with the seasoning mixture.
- Heat oil in a pan over medium-high heat and sear the meat on both sides.
- Remove from the heat and set aside.
- Stir together the honey barbecue sauce and brown sugar.
- Pour half of the sauce into the bottom of your slow cooker.
- Place the brisket, fatty side up, into the slow cooker.
- Cover the top o the brisket with the remaining sauce.
- Cover the slow cooker and set heat to low for 9 hours, or until fork tender.
- When the brisket is cooked, remove it carefully from the slow cooker and place it on a cutting board.

- Pour the sauce from the slow cooker into a saucepan and let it cool.
- Skim the fat that has risen to the top of the sauce in the large bowl.
- It will appear lighter in color than the sauce, like droplets of oil on the surface. Skim as much fat as you can.
- In a small bowl, stir together cornstarch and 1 tbs. of water till completely smooth.
- Pour the cornstarch mixture into the bowl of sauce and stir to combine.
- Reduce the sauce quickly in a saucepan on the stovetop by simmering it to 10 minutes.
- Pour the sauce over the brisket and serve.
- The leftovers make great BBQ sandwiches.
- If you like crockpot food, be sure to check out some of my favorite recipes at [www.mealdiva.com](http://www.mealdiva.com)

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:22.961739130435%

## Nutrients (% of daily need)

Calories: 548.87kcal (27.44%), Fat: 20.61g (31.7%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 40.23g (14.63%), Sugar: 35.63g (39.59%), Cholesterol: 140.59mg (46.86%), Sodium: 931.09mg (40.48%), Protein: 47.56g (95.11%), Vitamin B12: 5.51µg (91.83%), Zinc: 9.9mg (66.01%), Selenium: 38.23µg (54.61%), Vitamin B6: 1.01mg (50.5%), Phosphorus: 470.24mg (47.02%), Vitamin B3: 9.3mg (46.5%), Iron: 4.97mg (27.6%), Potassium: 908.61mg (25.96%), Vitamin B2: 0.42mg (24.62%), Vitamin B1: 0.24mg (16.18%), Magnesium: 62.05mg (15.51%), Vitamin E: 1.83mg (12.18%), Copper: 0.23mg (11.7%), Vitamin B5: 0.91mg (9.13%), Vitamin K: 6.57µg (6.26%), Manganese: 0.12mg (6.24%), Calcium: 47.22mg (4.72%), Folate: 17.54µg (4.39%), Vitamin A: 206.68IU (4.13%), Fiber: 0.62g (2.49%)