



Beef Brisket with Shiitake Mushrooms and Red Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound brisket boneless
- ☐ 0.5 cup beef consomme
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 pound mushroom caps fresh
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon horseradish prepared

- ☐ 0.3 cup catsup
- ☐ 2 small onions thinly sliced
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Trim excess fat from brisket. Rub brisket with 1/2 teaspoon salt and 1/2 teaspoon pepper. Brown brisket on both sides in hot oil in a large skillet over medium-high heat.
- ☐ Place half of onion slices in bottom of a 6-quart electric slow cooker. Top with mushrooms.
- ☐ Combine red wine and next 4 ingredients; stir well.
- ☐ Drizzle half of red wine mixture over mushrooms; top with brisket.
- ☐ Place remaining half of onion slices on top of brisket.
- ☐ Drizzle with remaining red wine mixture. Cover and cook on HIGH 1 hour. Reduce to LOW, and cook 9 hours.
- ☐ Remove meat to a serving platter; keep warm.
- ☐ Remove vegetables with a slotted spoon; set aside. Reserve 2 cups liquid in slow cooker.
- ☐ Stir together flour and water until smooth; stir into reserved liquid. Cover and cook on HIGH 15 to 20 minutes.
- ☐ Add vegetables, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; stir well.
- ☐ Serve wine sauce over brisket.

Nutrition Facts



 **PROTEIN 45.32%**  **FAT 45.07%**  **CARBS 9.61%**

Properties

Glycemic Index:28.88, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:18.827825859837%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 339.57kcal (16.98%), Fat: 16.16g (24.87%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.07g (3.42%), Cholesterol: 105.46mg (35.15%), Sodium: 482.42mg (20.97%), Alcohol: 1.58g (100%), Alcohol %: 0.76% (100%), Protein: 36.58g (73.15%), Vitamin B12: 4.14µg (69.06%), Zinc: 7.69mg (51.28%), Selenium: 30.47µg (43.53%), Vitamin B6: 0.84mg (41.91%), Vitamin B3: 8.16mg (40.82%), Phosphorus: 385.71mg (38.57%), Vitamin B2: 0.38mg (22.42%), Potassium: 709.81mg (20.28%), Iron: 3.59mg (19.93%), Vitamin B1: 0.2mg (13.28%), Magnesium: 48.86mg (12.21%), Vitamin B5: 1.06mg (10.62%), Copper: 0.2mg (9.85%), Vitamin K: 9.09µg (8.65%), Manganese: 0.16mg (8.24%), Vitamin E: 0.94mg (6.26%), Folate: 23.72µg (5.93%), Fiber: 1.16g (4.62%), Vitamin C: 1.88mg (2.27%), Calcium: 17.51mg (1.75%)