



Beer-Braised Brisket

 Dairy Free

READY IN



345 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds flat-cut beef brisket trimmed
- ☐ 6 carrots
- ☐ 6 celery stalks
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 garlic cloves sliced
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons hungarian paprika sweet

- ☐ 1.5 cups pale ale
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 4 cups lower-sodium beef broth
- ☐ 1 tablespoon olive oil
- ☐ 2 medium onions cut into 12 wedges
- ☐ 0.5 cup water

Equipment

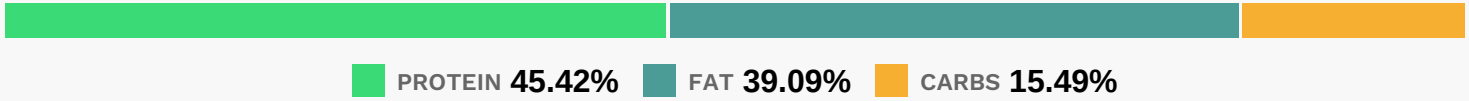
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 3 ingredients in a small bowl; stir in 1 teaspoon salt. Rub spice mixture evenly over both sides of brisket.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add brisket; saut 3 minutes on each side or until browned.
- ☐ Remove brisket from pan.
- ☐ Add beer; bring to a boil, scraping pan to loosen browned bits.
- ☐ Add broth and garlic; return to a boil. Return brisket to pan. Cover and cook at 325 for 2 hours. Turn brisket over; cook an additional 2 hours. Turn brisket over.
- ☐ Add carrot, celery, and onion; cook an additional 1 hour or until brisket is very tender.
- ☐ Remove brisket and vegetables from pan using a slotted spoon. Skim fat from cooking liquid; discard fat. Bring cooking liquid to a boil over medium-high heat.
- ☐ Place flour in a small bowl; stir in 1/2 cup water.

- ☐
- Add flour mixture to pan, stirring until smooth; bring to a boil, stirring constantly. Cook 2 minutes or until slightly thickened. Stir in remaining 1/4 teaspoon salt.
- ☐
- Serve the sauce with beef and vegetables.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:21.762174088022%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 304.96kcal (15.25%), Fat: 12.55g (19.3%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 9.06g (3.29%), Sugar: 3.46g (3.85%), Cholesterol: 87.88mg (29.29%), Sodium: 734.52mg (31.94%), Alcohol: 1.73g (100%), Alcohol %: 0.54% (100%), Protein: 32.8g (65.61%), Vitamin A: 7912.18IU (158.24%), Vitamin B12: 3.45µg (57.56%), Zinc: 6.36mg (42.41%), Vitamin B6: 0.75mg (37.57%), Selenium: 24.67µg (35.24%), Vitamin B3: 6.5mg (32.52%), Phosphorus: 324.9mg (32.49%), Potassium: 944.53mg (26.99%), Iron: 3.58mg (19.88%), Vitamin B2: 0.31mg (18.06%), Vitamin B1: 0.21mg (14.07%), Magnesium: 47.72mg (11.93%), Vitamin K: 11.46µg (10.92%), Manganese: 0.2mg (10.1%), Fiber: 2.14g (8.55%), Copper: 0.17mg (8.37%), Vitamin E: 1.19mg (7.94%), Folate: 31.53µg (7.88%), Vitamin B5: 0.71mg (7.12%), Vitamin C: 5.49mg (6.65%), Calcium: 42.82mg (4.28%)