



Braised Beef Brisket

 **Gluten Free**  **Dairy Free**

READY IN



1870 min.

SERVINGS



12

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings barbecue sauce prepared for serving, optional
- 10 pounds brisket
- 2 cans beef consommé
- 5 cloves garlic chopped
- 0.5 cup juice of lemon fresh
- 2 tablespoons liquid smoke
- 1.5 cups soya sauce

Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

Directions

- Combine the beef consomme, soy sauce, lemon juice, liquid smoke and garlic in a large roasting pan (a disposable is just fine).
- Place the brisket in the marinade, fat-side up. Cover tightly with foil. Marinate in the refrigerator for 24 to 48 hours.
- When ready to cook, preheat the oven to 300 degrees F.
- Cook the brisket in the foil-covered pan until fork-tender, about 40 minutes per pound (6 to 7 hours).
- Transfer to a cutting board, slice against the grain and put the slices back into the cooking liquid.
- Serve immediately, spooning the juice over the slices. (Barbecue sauce may be used, if preferred.)
- You may store the pan in the fridge for up to 2 days, or freeze for use at a later date. If fat collects and hardens at the top, remove and discard.
- Brisket is great with mashed potatoes, with the juice spooned over the top. It is also great on a sandwich with melted cheese.

Nutrition Facts

 **PROTEIN 55.37%**  **FAT 42.5%**  **CARBS 2.13%**

Properties

Glycemic Index:3.75, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:34.359565612901%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg,

Naringenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 614.18kcal (30.71%), Fat: 28.08g (43.21%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.09g (1.22%), Cholesterol: 234.36mg (78.12%), Sodium: 2204.42mg (95.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.32g (164.64%), Vitamin B12: 9.24µg (153.93%), Zinc: 16.44mg (109.58%), Selenium: 62.93µg (89.9%), Vitamin B6: 1.67mg (83.69%), Vitamin B3: 16.63mg (83.14%), Phosphorus: 809.82mg (80.98%), Iron: 8.11mg (45.04%), Vitamin B2: 0.71mg (41.49%), Potassium: 1365.81mg (39.02%), Vitamin B1: 0.4mg (26.78%), Magnesium: 101.04mg (25.26%), Copper: 0.35mg (17.38%), Vitamin B5: 1.47mg (14.69%), Manganese: 0.23mg (11.41%), Folate: 35.22µg (8.81%), Vitamin E: 1.23mg (8.23%), Vitamin C: 4.33mg (5.25%), Vitamin K: 4.95µg (4.72%), Calcium: 32.25mg (3.23%), Fiber: 0.3g (1.19%)