



Braised Brisket with Root Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



8

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baby potatoes red
- ☐ 4 pound brisket trimmed
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 pound carrots peeled cut into 3-inch-long pieces
- ☐ 1 cup cooking wine dry red such as cabernet sauvignon
- ☐ 4 teaspoons thyme leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 3 tablespoons olive oil
- ☐ 1 pound parsnips thick peeled halved lengthwise cut into 3-inch-long pieces, if very
- ☐ 1 large onion yellow thinly sliced

Equipment

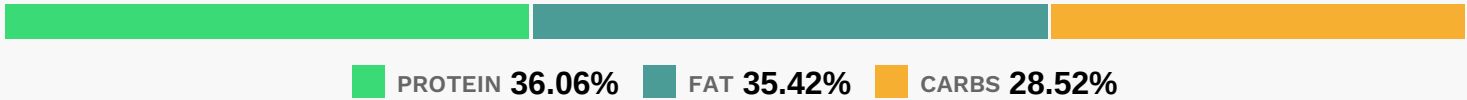
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat the oven to 325 degrees F. Pat the brisket dry and sprinkle with 2 teaspoons salt and 1/2 teaspoon pepper.
- ☐ Heat the oil in a large stovetop-safe roasting pan over medium heat.
- ☐ Add the brisket and cook, turning with tongs, until browned on all sides, about 12 minutes.
- ☐ Transfer the brisket to a plate and set aside.
- ☐ Add the onions, garlic and thyme to the pan. Cook, stirring, until the onions are soft and translucent, about 7 minutes.
- ☐ Add the wine and 1/2 cup water, scraping up the browned bits from the bottom of the pan with a wooden spoon.
- ☐ Add the tomatoes with the juices from the can, 1/2 teaspoon salt and pepper to taste. Return the beef to the pan along with any accumulated juices; increase the heat to medium-high and bring to a simmer.
- ☐ Remove the roasting pan from the heat and add the potatoes, carrots and parsnips around the sides of the brisket. Tightly cover the roasting pan with aluminum foil and roast until the brisket is very tender and a fork will easily pierce it, 3 1/2 to 4 hours.

- ☐
- Transfer the brisket to a cutting board and the vegetables to a large serving platter. Cover and keep warm. Skim the fat from the top of the juices in the roasting pan.
- ☐
- Place the roasting pan over medium heat on the stovetop and bring to a simmer. Cook until the sauce has reduced by more than half and is similar to a thick gravy, 15 to 20 minutes. Slice the brisket against the grain and transfer to the platter with the vegetables. Season the sauce with salt and pepper and spoon a bit over the slices.
- ☐
- Serve the remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:44.32, Glycemic Load:19.15, Inflammation Score:-10, Nutrition Score:42.099565174269%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 596.85kcal (29.84%), Fat: 22.67g (34.88%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 32.42g (11.79%), Sugar: 11.25g (12.5%), Cholesterol: 140.61mg (46.87%), Sodium: 361.26mg (15.71%), Alcohol: 3.15g (100%), Alcohol %: 0.69% (100%), Protein: 51.93g (103.87%), Vitamin A: 9735.74IU (194.71%), Vitamin B12: 5.51µg (91.85%), Vitamin B6: 1.53mg (76.32%), Zinc: 10.83mg (72.19%), Phosphorus: 605.14mg (60.51%), Vitamin B3: 12.05mg (60.25%), Selenium: 39.43µg (56.33%), Potassium: 1832.13mg (52.35%), Vitamin C: 42.32mg (51.3%), Manganese: 0.82mg (41.06%), Iron: 7.09mg (39.39%), Fiber: 8.64g (34.55%), Vitamin K: 33.49µg (31.89%), Vitamin B2: 0.54mg (31.6%), Vitamin B1: 0.47mg (31.33%), Magnesium: 118.84mg (29.71%), Copper: 0.57mg (28.35%), Vitamin E: 3.96mg (26.37%), Folate: 95.22µg (23.8%), Vitamin B5: 1.85mg (18.54%), Calcium: 105.98mg (10.6%)