



## Coffee-Rubbed Beef Brisket With Parsley Couscous

 Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 2 pound brisket trimmed
- ☐ 3 large bell pepper sweet seeded sliced
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 cup wine dry red
- ☐ 1.5 teaspoons parsley fresh minced
- ☐ 2 cloves garlic minced

- ☐ 2 tablespoons ground coffee
- ☐ 1.3 cup regular couscous
- ☐ 0.3 cup catsup
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 tablespoon simple preserved lemons fresh
- ☐ 1.8 cups beef broth low-sodium homemade store bought
- ☐ 4 tablespoons olive oil divided
- ☐ 1 large onion sliced
- ☐ 3 tablespoon ras el hanout spice mix (see note above)
- ☐ 2 tablespoons tomato paste

## Equipment

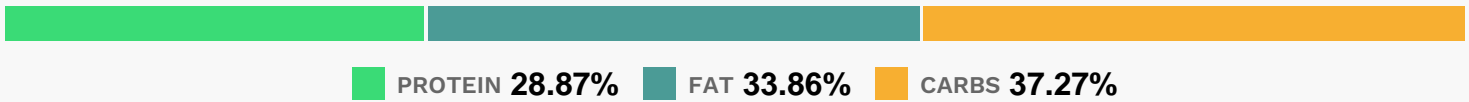
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ In a small bowl, combine 2 tablespoons ras el hanout, ground coffee, and 1 teaspoon salt. Rub generously all over brisket. Cover and refrigerate 2 hours.
- ☐ Adjust oven rack to lower-middle position and preheat oven to 350°F.
- ☐ Heat 2 tablespoons olive oil over medium-high heat in a large Dutch oven until just barely smoking.
- ☐ Add brisket and cook without moving until well browned, about 5 minutes. Flip and brown second side, 4 to 5 minutes longer.
- ☐ Add another tablespoon of olive oil to pan.

- ☐ Add the peppers and onion and cook, stirring frequently, until just beginning to soften.
- ☐ Add tomato paste, ketchup, remaining tablespoon ras el hanout and remaining 1/2 teaspoon salt. Stir and allow to brown, about 3 minutes.
- ☐ Add garlic and preserved lemon or lemon zest. Cook two minutes, stirring, then add red wine. Bring to a boil and simmer for one minute before adding tomatoes, broth, and bay leaves. If meat is not covered with liquid, add a bit more water until it is submerged in liquid. Return to a boil, cover, and transfer to the oven to cook for until easily shreddable with a fork-tender, 2 to 2 1/2 hours.
- ☐ When meat is nearly finished, heat remaining 1 tablespoon olive oil in a medium saucepan set to medium-high heat. When oil is shimmering, add couscous, stir and allow to toast for three minutes before adding stock. Reduce heat to low, cover and simmer until liquid is absorbed, about 12 minutes.
- ☐ Remove from heat and keep covered.
- ☐ When the meat is done, remove it from the pot. Taste sauce and season to taste with salt and pepper. Using a sharp knife, cut the brisket against the grain into 1/4"-thick slices. Fluff couscous with a fork and garnish with parsley. Season to taste with salt and pepper.
- ☐ Serve brisket immediately with sauce and couscous.

## Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:33.94, Inflammation Score:-10, Nutrition Score:52.935652193816%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

## Nutrients (% of daily need)

Calories: 891.58kcal (44.58%), Fat: 32.28g (49.66%), Saturated Fat: 8.11g (50.72%), Carbohydrates: 79.94g (26.65%), Net Carbohydrates: 67.97g (24.72%), Sugar: 19.94g (22.16%), Cholesterol: 140.61mg (46.87%), Sodium: 1718.55mg (74.72%), Alcohol: 6.3g (100%), Alcohol %: 0.93% (100%), Caffeine: 5.01mg (1.67%), Protein: 61.92g (123.84%), Vitamin C: 181.47mg (219.96%), Vitamin B12: 5.51µg (91.85%), Vitamin A: 4547.66IU (90.95%), Vitamin B6: 1.82mg (90.77%), Vitamin B3: 15.24mg (76.22%), Zinc: 11.35mg (75.69%), Phosphorus: 677.58mg (67.76%), Manganese: 1.28mg (64.16%), Potassium: 2126.1mg (60.75%), Selenium: 39.61µg (56.59%), Vitamin E: 8.42mg (56.15%), Iron: 9.96mg (55.35%), Vitamin K: 53.39µg (50.85%), Fiber: 12.03g (48.11%), Vitamin B2: 0.71mg (41.57%), Copper: 0.79mg (39.6%), Vitamin B1: 0.57mg (37.89%), Magnesium: 151.35mg (37.84%), Folate: 128.17µg (32.04%), Vitamin B5: 2.55mg (25.52%), Calcium: 178.61mg (17.86%)