



Mexican Brisket and Biscuits

 Very Healthy

READY IN



260 min.

SERVINGS



6

CALORIES



1008 kcal

Ingredients

- ☐ 5 pounds brisket trimmed
- ☐ 2 cups beef stock
- ☐ 1 bottle mexican beer such as negra modelo
- ☐ 1 package buttermilk biscuit mix
- ☐ 2 carrots chopped
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 2 stalks celery chopped
- ☐ 2 tablespoons chipotle in adobo pureed seeded
- ☐ 3 tablespoons cider vinegar

- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 cloves garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 apples green grated peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons ground ginger
- ☐ 2 juice of lime
- ☐ 0.3 cup kosher salt
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon mustard seeds
- ☐ 2 medium onions chopped
- ☐ 2 teaspoons oregano dried
- ☐ 6 servings pepper freshly ground
- ☐ 1 small cabbage shredded red finely
- ☐ 1 onion red grated
- ☐ 2 tablespoons caster sugar
- ☐ 3 tablespoons paprika smoked sweet
- ☐ 2 tablespoons tomato paste
- ☐ 32 ounce tomato purée canned
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ immersion blender
- ☐ cutting board

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Combine the salt, brown sugar, paprika, garlic powder, mustard seeds, coriander, cumin, ginger, oregano, cayenne and cinnamon.
- ☐ For the braised beef: Bring the brisket to room temperature.
- ☐ Sprinkle with black pepper, then rub some of the spice blend onto the meat. Reserve 2 tablespoons spice blend for another use, such as Black Bean and Beef Chilaquiles with Fried Eggs.
- ☐ Heat 3 tablespoons oil in a large skillet over medium-high to high heat.
- ☐ Add the brisket and cook until browned.
- ☐ Transfer to a plate.
- ☐ Add the remaining 1 tablespoon oil, the garlic, celery, carrots and onions and season with salt and pepper. Cook, stirring, for 5 minutes. Stir in the chipotle puree and tomato paste and cook for 1 minute. Stir in the beer and cook for 1 minute more.
- ☐ Add the stock and tomato puree and bring to a low boil.
- ☐ Add the brisket, cover and braise in the oven until very tender, 2 1/2 to 3 hours.
- ☐ Meanwhile, bake 12 drop biscuits according to the package instructions.
- ☐ Transfer the brisket to a cutting board. Puree the sauce with an immersion blender or in a food processor. Slice the brisket. Reserve 1 1/2 pounds brisket for another use if desired, such as Black Bean and Beef Chilaquiles with Fried Eggs. Return the brisket to the sauce, stirring gently to coat.
- ☐ Whisk together the oil, vinegar, sugar and lime juice in a large bowl.
- ☐ Add the apples, cabbage and onions, season with salt and pepper and toss to combine. Top with the cilantro.
- ☐ Divide the beef and sauce among plates and serve with the biscuits and slaw.

Nutrition Facts

PROTEIN 34.68% FAT 43.48% CARBS 21.84%

Properties

Glycemic Index:98.57, Glycemic Load:12.04, Inflammation Score:-10, Nutrition Score:62.589130235755%

Flavonoids

Cyanidin: 198.77mg, Cyanidin: 198.77mg, Cyanidin: 198.77mg, Cyanidin: 198.77mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1007.67kcal (50.38%), Fat: 48.48g (74.58%), Saturated Fat: 12.91g (80.66%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 43.99g (16%), Sugar: 32.09g (35.66%), Cholesterol: 234.36mg (78.12%), Sodium: 5868.48mg (255.15%), Alcohol: 2.21g (100%), Alcohol %: 0.29% (100%), Protein: 87g (174.01%), Vitamin B12: 9.2µg (153.29%), Vitamin A: 6984.72IU (139.69%), Vitamin B6: 2.38mg (118.78%), Zinc: 17.74mg (118.27%), Selenium: 70.89µg (101.28%), Vitamin C: 80.79mg (97.93%), Vitamin K: 102.61µg (97.72%), Vitamin B3: 19.32mg (96.6%), Phosphorus: 951.99mg (95.2%), Potassium: 2555.27mg (73.01%), Iron: 12.91mg (71.75%), Manganese: 1.27mg (63.42%), Vitamin B2: 0.99mg (58.5%), Vitamin B1: 0.68mg (45.37%), Magnesium: 180.52mg (45.13%), Vitamin E: 6.64mg (44.28%), Fiber: 10.77g (43.1%), Copper: 0.79mg (39.49%), Folate: 98.59µg (24.65%), Vitamin B5: 2.26mg (22.57%), Calcium: 208.28mg (20.83%)