

Sensational Slow Cooked Beef Brisket



Gluten Free



Dairy Free



Popular

READY IN



365 min.

SERVINGS



10

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound brisket
- ☐ 32 fluid ounce beef broth progresso® (such as)
- ☐ 1 teaspoon cayenne pepper
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons ground pepper black
- ☐ 2 tablespoons butter unsalted thinly sliced

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons paprika
- ☐ 2 cups red wine
- ☐ 2 tablespoons sea salt
- ☐ 3 shallots chopped
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce perrins® (such as Lea &)

Equipment

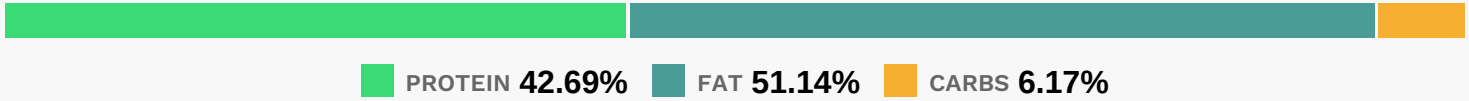
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Mix paprika, garlic powder, black pepper, sea salt, and cayenne pepper in a bowl until thoroughly combined. Set spice mixture aside.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir mushrooms and shallots until mushrooms have released their liquid, 5 to 8 minutes. Set mushroom mixture aside.
- ☐ Melt 1/4 cup margarine in a large skillet over medium-high heat and stir in 1/4 cup Worcestershire sauce. Rub beef brisket thoroughly with spice mixture; place brisket into the margarine and Worcestershire sauce.
- ☐ Brown the brisket well on all sides, about 5 minutes per side. As the Worcestershire sauce cooks into the brisket, pour in more, about 1/2 cup at a time, until 1 1/2 cup Worcestershire sauce has been added.
- ☐ Place a rack into a heavy Dutch oven; place the brisket onto the rack.
- ☐ Pour in the Worcestershire sauce pan drippings, red wine, water, garlic, and beef broth. Top the brisket with the mushroom mixture.

- ☐ Drizzle 1 tablespoon Worcestershire sauce over the mushrooms and top with 2 tablespoons sliced unsalted margarine.
- ☐ Cover the Dutch oven and bake brisket in the preheated oven for 3 hours. Reduce heat to 300 degrees F (150 degrees C) and bake 1 more hour. Reduce oven temperature to 225 degrees F (105 degrees C) and bake 1 additional hour. Baste with pan drippings every hour.
- ☐ Let the brisket rest for about 20 minutes before slicing thinly across the grain.
- ☐ Serve with pan gravy.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:28.131304279618%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 512.76kcal (25.64%), Fat: 26.81g (41.24%), Saturated Fat: 7.52g (47%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.59g (2.03%), Sugar: 2.17g (2.41%), Cholesterol: 140.61mg (46.87%), Sodium: 1983.05mg (86.22%), Alcohol: 5.09g (100%), Alcohol %: 1.42% (100%), Protein: 50.35g (100.7%), Vitamin B12: 5.6µg (93.31%), Zinc: 10.25mg (68.31%), Selenium: 42.86µg (61.23%), Vitamin B3: 11.63mg (58.17%), Vitamin B6: 1.13mg (56.56%), Phosphorus: 538.34mg (53.83%), Vitamin B2: 0.63mg (37.13%), Potassium: 1117.1mg (31.92%), Iron: 5.72mg (31.77%), Vitamin B1: 0.29mg (19.2%), Copper: 0.38mg (19%), Magnesium: 72.09mg (18.02%), Vitamin A: 882.13IU (17.64%), Manganese: 0.35mg (17.57%), Vitamin B5: 1.6mg (15.96%), Vitamin E: 2.35mg (15.66%), Vitamin K: 10.81µg (10.3%), Folate: 30.54µg (7.63%), Fiber: 1.69g (6.76%), Calcium: 39.57mg (3.96%), Vitamin C: 2.06mg (2.49%)