



## Slow Cooked Barbecue Beer Beef

 Gluten Free  Dairy Free

READY IN



635 min.

SERVINGS



16

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 pounds brisket
- 0.5 cup beer
- 0.5 cup brown sugar
- 1.5 teaspoons chili powder
- 2 teaspoons cornstarch
- 4 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 cup catsup

- 4 drops liquid smoke flavoring
- 1 large onion chopped
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 1 teaspoon paprika smoked
- 2 tablespoons water
- 0.5 cup vinegar white
- 1 tablespoon worcestershire sauce

## Equipment

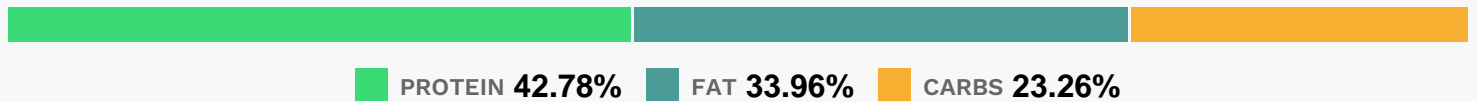
- bowl
- sauce pan
- ladle
- pot
- blender
- kitchen towels
- slow cooker
- tongs

## Directions

- Place the onion and garlic into a large slow cooker.
- Pour in the ketchup, beer, vinegar, Worcestershire sauce, and liquid smoke; set aside.
- Combine the salt, pepper, chili powder, paprika, oregano, and brown sugar until evenly blended. Rub the spice mixture all over the beef brisket.
- Place the brisket into the slow cooker.
- Sprinkle the remaining spice mixture over top.
- Cover, and cook on Low until the beef is easily shredded with two forks, 10 to 12 hours.
- Remove the beef from the slow cooker, and place into a large bowl. Ladle the fat from the remaining sauce in the slow cooker and discard.

- Pour about 2 cups of the sauce from the slow cooker into a saucepan. Bring to a simmer over medium heat. Dissolve the cornstarch in the water, and stir into the simmering sauce. Cook and stir 5 to 10 minutes until the sauce has thickened. Meanwhile, shred the meat into small pieces using two forks.
- Pour the thickened sauce and remaining sauce from the slow cooker into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the sauce right in the slow cooker.
- Stir the shredded beef and pureed sauce together in the slow cooker. Use tongs to serve the beef on the potato buns.

## Nutrition Facts



### Properties

Glycemic Index:12.47, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:11.889130545699%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 229.81kcal (11.49%), Fat: 8.44g (12.98%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.59g (4.58%), Sugar: 10.41g (11.57%), Cholesterol: 70.31mg (23.44%), Sodium: 318.89mg (13.86%), Alcohol: 0.29g (100%), Alcohol %: 0.22% (100%), Protein: 23.91g (47.83%), Vitamin B12: 2.76µg (45.95%), Zinc: 4.96mg (33.08%), Selenium: 19.09µg (27.28%), Vitamin B6: 0.54mg (26.75%), Vitamin B3: 4.79mg (23.96%), Phosphorus: 239.33mg (23.93%), Iron: 2.49mg (13.83%), Vitamin B2: 0.23mg (13.44%), Potassium: 462.62mg (13.22%), Vitamin B1: 0.12mg (8.21%), Magnesium: 31.52mg (7.88%), Copper: 0.12mg (6.06%), Vitamin E: 0.72mg (4.78%), Manganese: 0.09mg (4.62%), Vitamin B5: 0.44mg (4.4%), Vitamin A: 198.02IU (3.96%), Vitamin K: 3.27µg (3.11%), Folate: 12.12µg (3.03%), Calcium: 22.61mg (2.26%), Vitamin C: 1.69mg (2.04%), Fiber: 0.42g (1.66%)