



## Slow Cooker Brisket with Brown Gravy

 **Gluten Free**  **Dairy Free**

READY IN



**380 min.**

SERVINGS



**6**

CALORIES



**557 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 2.5 pound brisket
- 0.9 ounce brown gravy mix
- 14.5 ounce beef broth canned
- 6 servings canola oil for searing
- 2 large carrots sliced
- 2 stalks celery with leaves, chopped
- 6 servings kosher salt

- 16 ounce mushrooms wild mixed
- 2 medium onions chopped
- 1 bunch parsley chopped
- 0.9 ounce slow cooker pot roast seasoning
- 2 cups red wine
- 2 tablespoons tomato paste
- 1 cup water cold

## Equipment

- bowl
- frying pan
- whisk
- pot
- slow cooker

## Directions

- Watch how to make this recipe.
- In a large skillet, heat the canola oil over medium-high heat. Season the brisket on both sides with a generous pinch of salt. Sear the brisket in the hot pan until browned, about 4 minutes per side.
- To the slow cooker, add the parsley stems, celery and bay leaf.
- Put the seared brisket on top of the vegetables. In a large bowl whisk together the broth, wine, tomato paste, and pot roast seasoning.
- Pour the mixture over the brisket, top with onions, and cook on low, until the meat is fork-tender, about 4 to 6 hours. One hour before the brisket is done add the carrots, and mushrooms.
- Remove the meat, carrots, and mushrooms from the slow cooker and set aside. Strain the liquid into a medium pan over medium-high heat. In a small bowl, whisk together the gravy mix with 1 cup of cold water. Turn the heat to medium and whisk in the gravy mixture. Cook until thickened, about 2 minutes.
- Slice the brisket and arrange it on a serving platter.

- Serve it with the carrots, mushrooms, and gravy.
- Garnish with the reserved chopped parsley leaves and serve.

## Nutrition Facts



### Properties

Glycemic Index:38.31, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:36.990869335506%

### Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 20.96mg, Apigenin: 20.96mg, Apigenin: 20.96mg, Apigenin: 20.96mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

### Nutrients (% of daily need)

Calories: 556.86kcal (27.84%), Fat: 28.95g (44.53%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 11.33g (4.12%), Sugar: 6.04g (6.71%), Cholesterol: 119.85mg (39.95%), Sodium: 712.11mg (30.96%), Alcohol: 8.48g (100%), Alcohol %: 1.91% (100%), Protein: 43.83g (87.65%), Vitamin K: 176.44µg (168.04%), Vitamin A: 4954.28IU (99.09%), Vitamin B12: 4.73µg (78.79%), Zinc: 9.54mg (63.6%), Vitamin B6: 1.2mg (59.76%), Vitamin B3: 11.92mg (59.58%), Selenium: 37.51µg (53.58%), Phosphorus: 532.31mg (53.23%), Potassium: 1277.59mg (36.5%), Vitamin B2: 0.58mg (34.14%), Iron: 5.44mg (30.21%), Vitamin E: 3.57mg (23.79%), Vitamin C: 18.35mg (22.25%), Manganese: 0.44mg (22.1%), Magnesium: 85.93mg (21.48%), Vitamin B5: 2.05mg (20.49%), Copper: 0.34mg (17.05%), Vitamin B1: 0.26mg (17.05%), Fiber: 3.94g (15.74%), Folate: 57.2µg (14.3%), Calcium: 60.25mg (6.02%), Vitamin D: 0.31µg (2.04%)