

# Beer-Braised Brisket With Mustard Sauce

Love beef and beer? This recipe is a delicious combination of the two. Beef Brisket is slow-cooked in beer and served with a tangy mustard sauce.



## INGREDIENTS

- 1 boneless beef Brisket Flat Half (2-1/2 to 3-1/2 pounds)
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 large onions, chopped
- 1 bottle (12 ounces) beer or pale ale
- 1/2 cup Dijon-style mustard
- 2 tablespoons chopped fresh parsley



3.75  
Hours



8  
Servings



42 Cal



36g  
Protein

## COOKING

1. Heat oil in large stockpot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove Brisket from stockpot; season with salt and pepper.
2. Add onions to stockpot; cook and stir 3 to 5 minutes or until onions are tender. Return Brisket, fat side up, to stockpot. Add beer. Bring to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours or until Brisket is fork-tender.
3. Remove Brisket; keep warm. Skim fat from cooking liquid. Increase heat and bring cooking liquid to a boil. Reduce heat and cook 15 to 20 minutes or until mixture is thickened and reduced by half.
4. Meanwhile combine Mustard Sauce ingredients in small bowl. Stir in 2 tablespoons thickened cooking liquid.
5. Carve Brisket diagonally across the grain into thin slices. Pour remaining onion mixture over beef. Serve with Mustard Sauce.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		9g	62mg		1g	36g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)