

Classic Braised Beef Brisket

Beef Brisket Flat Half is slow-cooked to perfection. Try this favorite Brisket recipe today.

INGREDIENTS

- 1 beef Brisket Flat Half (about 2-1/2 pounds)
- 1 teaspoon minced garlic
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 medium onions, diced
- 2 cups dry red wine
- 1 can (14-1/2 ounces) unsalted diced tomatoes, undrained
- 2 ribs celery with leaves, chopped
- 1 stem fresh rosemary
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 8 medium carrots, diagonally sliced
- 1/4 cup chopped fresh parsley leaves



3.75
Hours



8
Servings



42 Cal



26g
Protein

COOKING

1. Heat oven to 325°F. Rub garlic over surface of beef Brisket. Heat large skillet or large braising pan over medium heat until hot. Place brisket in skillet, fat side down first; brown evenly on both sides. Remove brisket from skillet; season with salt and pepper. Pour off drippings if using same pan in oven.
2. Add onions to large braising or baking pan. Place brisket over onions. Top brisket with wine, tomatoes, celery, rosemary, thyme and bay leaf. Cover and cook in 325°F oven 3 hours, basting occasionally with cooking liquid.
3. Add carrots and parsley to cooking liquid; continue cooking, uncovered, for 30 minutes or until brisket and carrots are tender.
4. Remove brisket; keep warm. Skim fat from cooking liquid; discard rosemary and bay leaf. Remove fat from brisket, then carve brisket diagonally across the grain into thin slices; serve with some of the cooking liquid; garnish with parsley.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		4.5g	70mg		13g	26g	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