

Braised Bbq Brisket

No matter how you slice it, this is BBQ Brisket made easy!

INGREDIENTS

- 1 beef Brisket Flat Half (about 3 pounds)
- $\frac{3}{4}$ cup barbecue sauce
- $\frac{1}{2}$ cup dry red wine
- 2 tablespoons chile powder
- 1 tablespoon packed light brown sugar
- 1- $\frac{1}{2}$ teaspoons garlic powder



4.00
Hours



8
Servings



42 Cal



66g
Protein

COOKING

1. Combine rub ingredients in small bowl; press evenly onto beef Brisket Flat Half. Place brisket, fat side up, in stockpot.
2. Combine barbecue sauce and wine in small bowl. Pour around brisket; bring to a boil. Reduce heat; cover tightly and simmer 2- $\frac{3}{4}$ to 3- $\frac{1}{4}$ hours or until brisket is fork-tender. Remove brisket; keep warm.
3. Skim fat from cooking liquid. Bring cooking liquid to a boil. Reduce heat to medium and cook, uncovered, 8 to 10 minutes or until reduced to 1 cup sauce, stirring occasionally.
4. Trim fat from brisket, as desired. Carve diagonally across the grain into thin slices. Serve with sauce.
5. This recipe can be made in a 6-quart electric pressure cooker. Blend rub ingredients in small bowl; mix well. Press onto all sides of beef Brisket Flat Half. Place brisket in pressure cooker, fat side up; add wine. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 70 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Warm barbecue sauce in small sauce pan on stovetop, add $\frac{1}{4}$ cup cooking liquid to sauce; stir to combine. Continue as directed in step 4. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)
6. To cook in a slow cooker, combine rub ingredients in small bowl; press evenly onto beef brisket. Place brisket, fat side up, in 4- $\frac{1}{2}$ to 5- $\frac{1}{2}$ quart slow cooker. Combine barbecue sauce and wine in small bowl. Pour around brisket; Cook on HIGH 4 to 6 hours or LOW 8 to 10 hours, or until brisket is fork-tender. (No stirring is necessary during cooking.) Remove brisket; keep warm. Skim fat from cooking liquid. Bring cooking liquid to a boil in a saucepan. Reduce heat to medium and cook, uncovered, 8 to 10 minutes or until reduced to 1 cup sauce, stirring occasionally.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		17g	183mg		19g	66g	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.

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