

Nothing says autumn like a braised Brisket served with cranberries, apples and cinnamon. Celebrate the cooler weather with this down-home meal.

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4.00  
Hours



16  
Servings



42 Cal



57g  
Protein

[illegible]

[illegible]

1 beef Brisket Flat Half Boneless (2-1/2 to 3-1/2 pounds)

2 tablespoons ground cumin

[illegible]



[illegible]

[illegible]



2 tablespoons vegetable oil

[illegible]



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Salt and pepper

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1 cup cran-apple, cranberry or apple juice, divided

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1 cup cran-apple, cranberry or apple juice, divided

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3 to 4 medium red apples (such as Jonathan, Red Delicious, Jazz or Fuji), cored, cut into 16 wedges each (about 1-1/4 pounds)

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3/4 cup dried sweetened cranberries

3/4 cup dried sweetened cranberries

3/4 cup dried sweetened cranberries

[illegible]

2 tablespoons cornstarch

[illegible]





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## COOKING

1. Combine cumin and cinnamon; rub over beef Brisket. Heat oil in stockpot over medium heat until hot. Brown Brisket; season beef with salt and pepper, as desired.

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123. Add 3/4 cup juice and garlic to stockpot; bring liquid to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours. Add apples and cranberries to stockpot. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until Brisket and apples are fork-tender, stirring and rearranging apples once during cooking.

124. Add 3/4 cup juice and garlic to stockpot; bring liquid to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours. Add apples and cranberries to stockpot. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until Brisket and apples are fork-tender, stirring and rearranging apples once during cooking.

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367. Trim fat from Brisket. Carve diagonally across the grain into thin slices. Season with salt and pepper, as desired. Serve beef with apple mixture.

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# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		18g	165mg		52g	57g	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