





# Beef Brisket With Savory Carrots & Dried Plums

This Beef Brisket is as flavorful as can be. Carrots and dried plums make for the perfect autumn accompaniment to this roast. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

## INGREDIENTS

- 2-1/2 to 3-1/2- pound boneless beef Brisket
- 1 boneless beef Brisket (2-1/2 to 3 pounds)
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4.50	10	42 Cal	29.2g
Hours	Servings		Protein

[illegible]

[illegible]

1/2 cup chopped onion

1/2 cup chopped onion

1/2 cup chopped onion

1/2 cup chopped onion

[illegible]



[illegible]

[illegible]

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1/4 cup packed brown sugar

1/4 cup packed brown sugar

1 tablespoon fresh lemon juice

[illegible]

[illegible]



[illegible]

1 teaspoon salt

1 teaspoon salt

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1/2 teaspoon ground cinnamon

1/2 teaspoon ground cinnamon

[illegible]

[illegible]

1/2 teaspoon pepper



1/2 teaspoon pepper

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1/2 teaspoon pepper

8 ounces pitted prunes

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## COOKING

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## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		7g	78.2mg		25.1g	29.2g	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