

Beef Brisket With Savory Carrots & Amp; 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 Hours Servings

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COOKING

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- 1. Heat large stock pot over medium heat until hot. Place Brisket in stockpot; brown evenly. Remove Brisket. Pour off drippings, if necessary.
- $2. \ Heat \ large \ stock \ pot \ over \ medium \ heat \ until \ hot. \ Place \ beef \ Brisket \ in \ stockpot; \ brown \ evenly. \ Remove \ brisket. \ Pour \ off \ drippings, \ if \ necessary.$
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
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.

 $Courtesy \ of \ BeefIts Whats For Dinner. com$