

# Recipe

## Beef brisket

### Ingredients

- 1 tablespoon olive oil
- 2 1/2 pounds beef brisket, trimmed of fat and cut into eight pieces of roughly equal size
- Course ground pepper
- 1 1/2 cups chopped onions
- 4 garlic cloves, smashed and peeled
- 1 teaspoon dried thyme
- 1 can (14.5 ounces) no-salt-added tomatoes and liquid
- 1/4 cup red wine vinegar
- 1 cup low-sodium beef stock or red wine



### Directions

- Heat oven to 350 F.
- In a large Dutch oven or heavy pot, heat one tablespoon oil over medium-high heat. Season brisket with pepper. In batches, cook meat, turning occasionally, until dark brown on all sides. Transfer brisket to a plate.
- Add onions to pot. Cook and stir until browned. Add garlic and thyme and cook and stir until fragrant, about one minute.
- Add tomatoes (undrained), vinegar and stock or wine. Bring to a boil. Return beef to pot, cover, then place pot in oven. Cook until beef is tender, three to three and a half hours.

Nutritional analysis per serving		Serving size: About 3 oz meat and 3 oz sauce	
Calories	229	Sodium	184 mg
Total fat	9 g	Total carbohydrates	6 g
Saturated fat	3 g	Dietary fiber	1 g
Trans fat	Trace	Added sugars	0 g
Monounsaturated fat	5 g	Protein	31 g
Cholesterol	95 mg		

*Lockton Nurse Advocate*