

Easy Brisket

Brought to you by Holly Clegg and *Eating Well Through Cancer*

This is one of my old standby simple-to-prepare recipes I have made for years and continually go back too. Pop the brisket in the oven, forget about the brisket, and the end result is this succulent tender brisket, and leftovers make incredible sandwiches. This recipe can be made in the crock pot

Makes 12 - 14 servings

5 - 6 lbs very lean brisket, trimmed of excess fat

Garlic powder

1 cup light brown sugar

1 cup water

1 envelope dry onion soup mix

1 cup ketchup

1. Preheat oven to 325° F. Season brisket heavily with garlic powder.
2. In small bowl, mix together brown sugar, water, onion soup mix, and ketchup. Pour over brisket in large baking pan or roaster.
3. Cook, covered 4 1/2 hours to 5 hours, or until meat is fork tender. To serve, slice against the grain, serve with sauce.

Nutrition information per serving

Calories 330, Protein (g) 40, Carbohydrate (g) 21, Fat (g)9, Calories from Fat (%) 24, Saturated Fat (g) 3, Dietary Fiber (g) 0, Cholesterol (mg) 83, Sodium (mg) 435, Diabetic Exchanges: 5 1/2 lean meat, 1 1/2 other carbohydrate