
Bar-B-Q Beef Brisket

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 three to four pound brisket of beef
2 tablespoons liquid smoke flavoring
2 teaspoons celery seed
1 1/2 teaspoons salt
2 teaspoons Worcestershire sauce
1/2 teaspoon garlic-onion salt
1 teaspoon freshly ground pepper

Wrap the meat and seasoning in heavy foil.

Bake in the oven at 400 degrees for four hours.

Open the foil and baste with the sauce. Continue baking for one hour longer.,

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 37 Calories; 1g Fat (32.4% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 3405mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.