

Beef Brisket II

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Servings: 8

*1 4 to 6 pound brisket
2 large onions, sliced
1 bottle (12 ounce) chili
sauce
seasoning salt
ground pepper
1 can (12 ounce) beer,
room temperature
6 to 8 dashes
Worcestershire sauce
extra gravy
2 packages au jus gravy
mix
2 small onions, sliced and
sautee'd in oil
1/2 bottle chili sauce
1 can beer
2 cups water
corn starch (if needed)*

Preheat the oven to 225 degrees.

Place the brisket in a roasting pan. Season with salt and pepper, fat side up. Cover with the sliced onions. Add the chili sauce. Refill the chili sauce bottle with water and pour over the brisket.

Bake, uncovered, for three hours, basting often and adding small amounts of water if needed.

After three hours, pour the beer over the meat. Cover and bake for one and one-half hours. Add the Worcestershire sauce to the drippings. Slice.

(May be eaten the same day or prepared ahead to be served the next day.)

(To reheat: Arrange the meat in an ovenproof dish. Baste with sauce to keep it moist. Warm in a 300 degree oven until hot. For additional gravy, add water to an au jus powder, cooking as it blends. Add sautee'd onions and the rest of the ingredients except cornstarch. Cook until it thickens. Mix the cornstarch with a little water and add if needed to thicken. Add the brisket sauce and stir.)

Per Serving (excluding unknown items): 155 Calories; 8g Fat (51.5% calories from fat); 6g Protein; 10g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 137mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.