

Marinated Brisket

Roleta Welch - Naples, TX
Treasure Classics - National LP Gas Association - 1985

Servings: 8

1 can beef consomme'
1/2 to 3/4 bottle soy sauce
1/4 cup fresh lemon juice
garlic powder (to taste)
1 tablespoon liquid smoke
flavoring
1 beef brisket

Preparation Time: 15 minutes

Bake Time: 5 hours

In a bowl, combine the consomme', soy sauce, lemon juice, garlic powder and liquid smoke.

Place the beef brisket into a sealable container or ziploc bag. Pour the marinade over the brisket. Seal. Marinate overnight, turning occasionally.

Wrap the pan two times in heavy duty foil before baking.

Bake in a 300 degree oven for four hours. Increase the heat to 350 degrees. Bake for one additional hour.

(If you have a very large brisket, bake one hour per pound. Total cooking time is five hours.)

Per Serving (excluding unknown items): 100 Calories; 8g Fat (68.0% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 1053mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.