

Beef Ragu

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Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 6 hours

Cook time: 6 hours

1 (about three pound) beef brisket
1 teaspoon Italian Seasoning
1 teaspoon salt
1/2 teaspoon black pepper
1 large onion, chopped
4 cloves garlic, chopped
2 cans (14 1/2 oz) Italian-seasoned diced tomatoes
2 Italian frying peppers, sliced
1/4 cup balsamic vinegar
cooked pappardelle pasta
grated Parmesan cheese (for garnish)

Coat slow cooker bowl with nonstick cooking spray.

Season the brisket with the Italian seasoning, salt and pepper.

Place the brisket in the slow cooker.

Scatter the onion and garlic over the brisket.

In a bowl, combine the tomatoes, frying peppers and vinegar. Pour over the brisket.

Cover and cook on HIGH for 6 hours or LOW for 9 hours.

Remove the meat from the slow cooker and cool slightly. Slice or shred and stir into the sauce.

Remove the brisket with a slotted spoon and serve over the pasta.

Top with the grated Parmesan cheese.

Per Serving (excluding unknown items): 98 Calories; 8g Fat (69.6% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 285mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.