

Five Spice Beef

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Family Circle Magazine - September 2011

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 6 hours

Cook time: 6 hours

1 (about three pound) beef brisket
1 teaspoon Chinese Five Spice
1 tablespoon light soy sauce
1 tablespoon hoisin sauce
1 large onion, chopped
4 cloves garlic, chopped
1 can (14 1/2 oz) stewed tomatoes
1 can (14 1/2 oz) reduced-sodium beef broth
1/4 cup rice vinegar
1 can water chestnuts, diced
2 scallions, chopped
cooked rice
extra scallions (for garnish), chopped

Coat slow cooker bowl with nonstick cooking spray.

Place the brisket in the slow cooker.

Scatter the onion and garlic over the brisket.

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

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

During the last 30 minutes of cook time, add the water chestnut and scallions.

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 rice..

Garnish with extra scallions, if desired.

Per Serving (excluding unknown items): 113 Calories; 8g Fat (60.7% calories from fat); 6g Protein; 6g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 136mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.