

Slow Cooker BBQ Brisket

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Servings: 8

1 4-pound brisket, trimmed and cut into two pieces

1 large yellow onion, chopped

1 bottle (18 oz) BBQ sauce

1 can (28 oz) baked beans

8 hamburger buns, split

coleslaw (for serving)

sweet pickles (for serving)

Place the brisket and onion in a slow cooker.

Pour on the BBQ sauce.

Cover and cook on HIGH until tender, 8 to 10 hours.

Skim and discard the fat.

Add the beans.

Cook for 15 to 45 minutes more or until the meat falls apart.

Using a fork, shred the brisket and mix with the beans.

Spoon onto the hamburger buns.

Serve with pickles and cole slaw.

Per Serving (excluding unknown items): 866 Calories; 63g Fat (65.8% calories from fat); 44g Protein; 29g Carbohydrate; 3g Dietary Fiber; 136mg Cholesterol; 513mg Sodium. Exchanges: 2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 9 Fat.