

Smoky Beef Brisket

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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 tablespoon smoked paprika
1 teaspoon salt
1/2 teaspoon black pepper
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 cider vinegar
1/4 cup brown sugar
8 hamburger rolls
pickles (optional)
coleslaw (optional)

Coat slow cooker bowl with nonstick cooking spray.

Season the brisket with the paprika, salt and pepper.

Place the brisket in the slow cooker.

Scatter the onion and garlic over the brisket.

In a bowl, combine the tomatoes, broth, vinegar and sugar. 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 on the rolls.

Serve with pickles and coleslaw, if desired.

Per Serving (excluding unknown items): 123 Calories; 8g Fat (54.7% calories from fat); 5g Protein; 9g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 295mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.