

Spiced Brisket (Slow Cooker)

Mrs Charles Baker

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 pounds lean beef brisket
1 teaspoon salt
1/4 teaspoon pepper
1 onion, sliced
1 stalk celery
1/2 cup chili sauce
1 can beer*

Salt and pepper the beef brisket. Place the beef in the crock pot.

Add the onion, celery, chili sauce and beer.

Cover and cook on LOW for eight to ten hours.

Per Serving (excluding unknown items): 220 Calories; trace Fat (2.1% calories from fat); 3g Protein; 30g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 2218mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.