
Aunt Robin`s Brisket

Robin Brenner - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 (4 to 4-1/2 pound) brisket
1 package onion soup mix
1 can tomato sauce
1 can water
1 small jar quality tomato sauce
8 medium fresh mushrooms, sliced
2 to 3 tablespoons red wine
1 basil leaf

Heat a large aluminum pot. Wash the meat. Raise the heat and sear the meat quickly on both sides.

Lower the heat and add the sauce, water and onion soup mix. Cover until the sauce starts to simmer. Add the mushrooms and wine. Cook for 1-1/2 hours.

Remove the meat and slice it thin. Return the meat to the pot. Add the quality tomato sauce and the basil leaf.

Cook slowly for another 1 to 1-1/2 hours.

Beef

Per Serving (excluding unknown items): 974 Calories; 63g Fat (60.0% calories from fat); 49g Protein; 46g Carbohydrate; 9g Dietary Fiber; 138mg Cholesterol; 5172mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 4 1/2 Vegetable; 9 Fat.