

Texas BBQ Beef Brisket

Total recipe time: 3 to 3-1/2 hours Makes 6 to 8 servings

Ingredients

1 boneless beef brisket, flat cut (about 2-1/2 to 3-1/2 pounds)
3/4 cup barbecue sauce
1/2 cup dry red wine

Rub:

2 tablespoons chili powder
1 tablespoon packed brown sugar
1-1/2 teaspoons garlic powder



Instructions

1. Combine rub ingredients in small bowl; press evenly onto beef brisket. Place brisket, fat side up, in stockpot.
2. Combine barbecue sauce and wine in small bowl. Pour around brisket; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork-tender. Remove brisket; keep warm.
3. Skim fat from cooking liquid. Bring cooking liquid to a boil. Reduce heat to medium and cook, uncovered, 8 to 10 minutes or until reduced to 1 cup sauce, stirring occasionally.
4. Trim fat from brisket. Carve diagonally across the grain into thin slices. Serve with sauce.

Nutritional Information Per Serving

Nutrition information per serving, 1/6 of recipe: 258 calories; 7 g fat (3 g saturated fat; 3 g monounsaturated fat); 62 mg cholesterol; 340 mg sodium; 8 g carbohydrate; 1.3 g fiber; 36 g protein; 5.6 mg niacin; 0.5 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 3.7 mg iron; 37 mcg selenium; 8.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB₆, vitaminB₁₂, iron, selenium and zinc.

Smoker Method Variation: To smoke beef brisket, prepare charcoal or gas smoker according to manufacturer's directions. Combine barbecue sauce and wine in small saucepan; bring to a boil, stirring frequently. Reduce heat to medium-low; cook 7 to 8 minutes or until reduced to 1 cup, stirring frequently. Reserve 1/2 cup barbecue sauce for serving. Prepare rub as above; press evenly onto beef brisket. Smoke brisket according to manufacturer's instructions and cooking times or until fork-tender, brushing occasionally with remaining barbecue sauce. Carve brisket as above. Serve with reserved sauce.



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