

FROM OUR TABLE TO YOURS

"I CERTAINLY WOULD NOT TRADE THIS FOR ANYTHING." I'm fourth generation here, born and



raised on our family ranch. By about the early 1920s, my great-grandfather had a lot of this country put together by then. We're able to live and work on this beautiful land, and the best thing about it is that I too get to raise my family out here. It's a great privilege to be able to do what we do. Of course, someday, I'd very much like for my son to be able to pick up where I leave off."

Austin Brown

Brown Ranch
Texas

TEXAS BBQ BEEF BRISKET

A BROWN FAMILY FAVORITE TEXAS BBQ BEEF BRISKET



Total Recipe Time: 3 to 3½ hours

1 boneless beef brisket, flat cut
(about 2½ to 3½ pounds)
¾ cup barbecue sauce
½ cup dry red wine

Rub:

2 tablespoons chili powder
1 tablespoon packed brown sugar
1½ teaspoons garlic powder

Makes 6 to 8 servings

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, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

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 2½ 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.

29 LEAN CUTS. ONE POWERFUL PROTEIN.

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