



Total Time
235 MIN.

Serving & Size
1 SERVING (2 SLICES MEAT, 1/2 CUP SAUCE/ONIONS)


Difficulty
DIFFICULT


Yields
24

For the more adventurous cooks in search of exotic flavors. Slow cooked tender brisket in a sweet & sour sauce to serve with rice and/or vegetables.

| Nutrition Facts | |
|---------------------------------|---|
| Serving Size | 1 SERVING (2 SLICES MEAT, 1/2 CUP SAUCE/ONIONS) |
| Amount Per Serving | |
| Calories 561 | |
| | % Daily Value |
| Total Fat 18.4g | 28% |
| Saturated Fat 5.3g | 27% |
| Cholesterol 177mg | 59% |
| Sodium 454mg | 19% |
| Total Carbohydrate 39.4g | 13% |
| Dietary Fiber 4.5g | 18% |
| Protein 60.6g | 121% |
| Vitamin A 44% | Vitamin C 39% |
| Calcium 8% | Iron 39% |

| INGREDIENTS | WEIGHT | MEASURE |
|--------------------|---------------|----------------|
|--------------------|---------------|----------------|

| | | |
|--|--------|-----------|
| canola oil | | 1/2 cups |
| all-purpose flour | | 1 cups |
| beef brisket, well trimmed | 14 lb. | |
|  V8® 100% Vegetable Juice | | 1 1/2 qt. |
| cider vinegar | | 1 cups |
| brown sugar | 8 oz. | 1 cups |
| Worcestershire sauce | | 1/4 cups |
| dried thyme, ground | | 2 tsp. |
| Spanish onion, cut into thick rings | 6 lb. | |
| carrot, peeled, cut into 1-inch slices | 3 lb. | 2 qt. |
| red potato, quartered | 3 lb. | 3 qt. |
| fresh parsley, chopped | | 1/2 cups |

 **TIP**

Optional Seasoned flour: Mix 1 cup flour with 1 Tbsp garlic powder, 1 Tbsp. kosher salt and 2 tsp. black cracked pepper.



INSTRUCTIONS

1. In a sheet pan combine flour, salt, pepper and garlic powder and mix well. Dredge brisket in the mixture to coat.
2. In a large rondo or Dutch oven heat oil brown brisket on all sides. Remove brisket and degrease the pan.
3. Deglaze the pan with V-8 and cider vinegar and bring to a boil. Reduce heat to simmer and add brown sugar, Worcestershire and thyme. Re-add brisket, cover and place in a preheated 350°F degree oven for 2-2 1/2 hours basting occasionally or until meat is fork tender.
4. Add onions, carrots and potatoes to brisket and continue to cook uncovered 30-45 minutes or until vegetables are tender. Cool brisket slightly before sprinkling with parsley, slicing and serving with vegetables.
5. One serving = 2 slices brisket and 1/2 cup sauce/vegetables.