



## TANGY SPICED BRISKET

Intermediate Lifestyle

### Ingredients

3 large onions, sliced	1/8 to 1/4 TSP cayenne
3 TBS vegetable oil	1/2 TSP dried oregano
6 garlic cloves, peeled and halved	1/2 TSP dried thyme
1 TSP paprika	2 cups low-sodium beef stock
2 TSP salt	1 cup ketchup
1-1/2 TSP garlic powder	1 cup chili sauce
1-1/4 TSP black pepper	1 cup 'lite' maple syrup
1-1/2 TSP onion powder	8 to 10 pound brisket

### Instructions

#### 1. Prepare the sauce:

- Heat a large skillet over medium high heat and sauté onions in vegetable oil, stirring occasionally, until caramelized and most of liquid has evaporated, about 15 minutes.
- Add halved garlic cloves; sauté for 3 minutes more. Stir in spices and seasoning (paprika, salt, garlic and onion powders, black pepper, cayenne, oregano and thyme) and cook for 2 minutes. Set aside.
- In a large bowl, stir together the beef stock, ketchup, chili sauce and maple syrup.

- Preheat oven to 350°. Place brisket in a baking dish or casserole, spread onion mixture over the top, then pour sauce mixture over the entire dish. Cover tightly with foil and bake until very tender but not falling apart, about 3 to 4 hours.

### Portion-Per-Serving Information (Yields 8-10 servings)

Serving = 3 oz. brisket + 1/4 cup onion mixture = 1 P, 1/2 V