



Baked Beef Brisket



Homemade meals can make everyone healthier, happier, and more connected. All our meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Baked Beef Brisket recipe. *Community you want, Cuisine we all love!*

Procedure:

1. Brown meat under broiler on both sides. Remove and preheat oven to 325 degrees F.
2. Combine water, ketchup, chopped onions, Worcestershire sauce, chili powder, vinegar, half of the salt, paprika, and red pepper. Pour over beef in roasting pan.
3. Bake, covered, for 4 to 5 hours. Check to see if done after 3 1/2 hours. Bake only until meat is fork tender. Check occasionally to see that liquid is still there, adding if necessary.

Tips:

It is particularly delicious served with some steamed veggies and sweet potato mash and paired with loving company.

Cooking Time: 4-5 Hours

Cooking Temp: 325 °F

Servings: 20+

Serving Size: 3 oz

Ingredients:

Beef, Brisket	4-5 lbs
Water	1/2 cup
Ketchup	1/2 cup
Onions, chopped	1 cup
Sauce, Worcestershire	2 tbsp
Chili Powder	1 tsp
Vinegar, Cider	1 tsp
Salt	2 tbsp
Paprika	1 tsp
Red Pepper Flakes, Crushed	1/2 tsp