

Oven Barbequed Beef Brisket



Makes: 12 servings



Total Time: 12 hours (8 hours marinating time)

Ingredients:

- 2 medium shallots
- 2 cloves garlic, minced
- 4 tsp. chili powder
- 4 tsp. smoked paprika
- 2 tsp. ground cinnamon
- 2 tsp. dried oregano
- 1 tsp. kosher salt
- 4 lb. first cut brisket (fat trimmed)
- ¼ cup Worcestershire sauce
- 1 can (14 oz.) no-salt added diced tomatoes
- ¼ cup packed brown sugar
- ¼ cup cider vinegar

PREPARATION

1. Combine shallots, garlic, chili powder, paprika, cinnamon, oregano and salt in a small bowl. Rub into both sides of meat. Set the meat in a 9-by-13-inch baking dish, cover and refrigerate for at least 8 hours or overnight.
2. Pour Worcestershire sauce over the meat. Cover the pan with foil and set aside at room temperature while the oven heats to 350°F. Bake the brisket, covered, for 2 hours. Meanwhile, blend tomatoes, brown sugar and vinegar in a large blender or food processor until smooth.
3. After 2 hours, pour the tomato mixture over the meat; continue baking, covered, until fork-tender, basting with pan juices every 30 minutes, for about 1 1/2 hours more.
4. Remove the meat from the sauce. Let rest for 10 minutes, then slice against the grain. Skim the fat from the sauce in the pan; pour the sauce over the meat and serve (or follow make-ahead instructions).

Nutrition: 228 calories; 7g fat (3g sat fat); 64mg cholesterol; 8g carbohydrates; 32g protein; 1g fiber; 221mg sodium

