

Smoked Beef Brisket Benedict

Top smoked beef brisket slices on an English muffin with hollandaise sauce. Serve with your favorite vegetables.

INGREDIENTS

- 12 ounces precooked, smoked beef Brisket slices
- 1/2 cup unsalted beef broth
- 1 bunch fresh asparagus, trimmed
- 6 eggs
- 3 English muffins, split, toasted
- 1/4 cup prepared hollandaise sauce
- Paprika, avocado slices, hot sauce (optional)



20 Min 6 42 Cal 24g
 Servings Protein

COOKING

1. Heat medium sauce pan on medium until hot, add beef Brisket and broth, bring to a boil. Add asparagus on top of beef to steam; then cook, covered 5 to 12 minutes until beef is hot and asparagus is cooked, stirring occasionally.
2. Add 2 to 3 inches of water to large skillet with deep sides; bring to a boil. Reduce heat to low simmer so small bubbles are just releasing from the bottom of the pan. Crack each egg into small cup, slowly lower into simmering water, gently releasing egg into water. Cook 5 to 7 minutes or until yolk is opaque or desired doneness is reached. Remove each egg with slotted spoon.
3. Warm hollandaise sauce in small sauce pan on low heat until hot.
4. Top each muffin half with brisket. Top brisket with 3 asparagus spears, 1 egg and 2 teaspoons of hollandaise sauce. Garnish with paprika, avocado slices and hot sauce, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		22.4g	266mg		17g	24g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com