

Beef Brisket With Savory Sautéed Apples

Brisket simmers with onions and apple cider while a savory mixture of apples, onions, cranberries and walnuts reduce down for a tasty sauce.



INGREDIENTS

1 beef Brisket Flat Half (2-1/2 to 3-1/2 pounds)

1 tablespoon vegetable oil

1/2 teaspoon salt

1/2 teaspoon pepper

1 large onion, coarsely chopped, divided

1 teaspoon minced garlic

1 cup apple cider

2 tablespoons butter

5 cups sliced unpeeled apples, such as Fuji or Gala (about 1-1/2 pounds)

1 cup fresh or frozen cranberries

2 tablespoons packed light brown sugar

1/3 cup walnuts, toasted, coarsely chopped

4.00
Hours

8
Servings

42 Cal

33g
Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef Brisket Flat in stockpot; brown evenly. Remove brisket from stockpot; season with salt and pepper, as desired.

2. Reserve 1/2 cup onion for apples. Add remaining onion and garlic to stockpot. Cook and stir 4 to 5 minutes or until onion is tender. Return brisket, fat-side up, to stockpot. Add cider; bring to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours or until brisket is fork-tender.

3. Meanwhile, heat butter in large nonstick skillet over medium heat until melted. Add apples and remaining onion; cook and stir 5 to 7 minutes or until apples are just tender. Add cranberries and brown sugar; cook 4 to 6 minutes or until cranberries are tender and juices are thickened, stirring occasionally. Stir in walnuts. Keep warm.

4. Remove brisket; keep warm. Skim fat from cooking liquid. Bring cooking liquid to a boil. Cook, uncovered, 10 to 12 minutes or until reduced by half, stirring occasionally.

5. Carve brisket diagonally across the grain into thin slices. Serve with reduced cooking liquid and apple mixture.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		14g	63mg		21g	33g	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