

Slow Cooker Beef Brisket Recipe



Prep Time: 20 minutes **Cook Time:** 8 hours **Total Time:** 8 hours 20 minutes

This slow cooker beef brisket is fall-apart tender, so juicy and flavorful. Slow Cooked beef brisket is easy and gets rave reviews every time! Perfect with mashed potatoes or as beef brisket sandwiches.

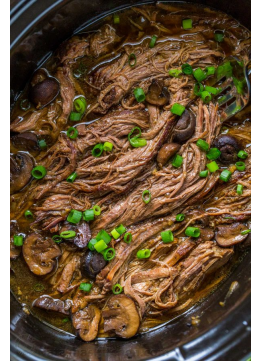
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Skill Level: Easy

Cost to Make: \$28-\$30

Calories: 450 kcal

Servings: 8 to 10 as a side or sandwich



Ingredients

- 3 Tbsp Olive oil to sauté divided
- 4 lb beef brisket
- 2 tsp sea salt or to taste
- 1 tsp black pepper freshly ground
- 1 lb yellow onions (2 medium) sliced into thick strips
- 1 lb mushrooms thickly sliced
- 6 garlic cloves peeled and chopped (not pressed)*
- 2 cups low sodium chicken stock or beef broth
- 2 1/2 Tbsp Worcestershire sauce

Instructions

1. Generously season brisket with about 2 tsp salt and 1 tsp black pepper. Heat large heavy skillet or cast iron pan over high heat. Add 1 Tbsp oil and when hot, add brisket (fat side down). Sear 4-5 min per side or until browned on both sides. Transfer to slow cooker, fat side facing up.
2. In the same pan, add 1 Tbsp oil and sliced onions. Sautee 5-7 min or until onions are caramelized. Place onions over brisket. In the same pan, add more oil as needed and saute mushrooms until soft (5 min). Place mushrooms into the slow cooker and sprinkle chopped garlic over the top.
3. Combine 2 cups chicken broth with 2 1/2 Tbsp Worcestershire sauce and pour mixture over meat.
4. Cover and cook on low 7 to 8 hrs or until cooked through and easy to pull apart with forks. Turn off slow cooker and rest 15 min with the lid on. Remove and discard excess fat from the top** then pull the beef apart with forks and keep it in the slow cooker to soak up the juices which will add amazing flavor and keep meat tender. Serve beef brisket and mushrooms, spooning slow cooker juices over the top.

Recipe Notes

*Garlic Tip: it is easiest to mince this quantity of garlic in a food processor. Do not use a garlic press for this recipe.

**If you prefer really clean and lean meat; transfer the meat to a platter to make sure all of the fat is removed then return the shredded meat to the slow cooker.

Note on Nutrition: the nutrition label will vary greatly based on how much you trim the fat from your meat. Also, keep in mind some of the salt and liquid may get discarded at the bottom of the pot.

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